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CHRISTCHURCH

The shakedown on the Canterbury
shakes five years on



30

VICTOR CARTER

FEATURES

14 | Shakedown of a shakeup

Christchurch's recovery has been largely in the hands of Cera and its minister, Gerry Brownlee. Five years on, what has been learnt? *by Rebecca Macfie*

COVER STORY

23 | Beat the blood sugar

Dr Michael Mosley has found a way to tackle the global health crisis that is type 2 diabetes. *by Nicky Pellegrino*

30 | Sharing the cake

Retiring vicar Mark Beale, a mentor for soon-to-be-released teen killer Natalie Fenton, wants action on poverty. *by Donna Chisholm*

35 | 'I want a balanced life'

Former golf champ and lawyer Judith Hanratty has strong connections with home and a soft spot for China. *by Clare de Lorraine*

COMMENTARY

5 | Editorial

6 | Letters Plus Caption Competition, Quips & Quotes, Life in NZ and 10 Quick Questions

10 | Bulletin from Abroad

Rachel Morris in Washington, DC

11 | TV Review Diana Wichtel

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THIS LIFE

38 | Health Stress could be responsible for asthma in some people. *by Nicky Pellegrino*

40 | Nutrition Our attitudes to eating may be as important as what we eat when it comes to a healthy weight. *by Jennifer Bowden*

42 | Science Greater volumes of melting ice will boost our sea levels. *by Rebecca Priestley*

43 | Psychology Looking after your health involves psychology. *by Marc Wilson*

44 | Money Old stumps and fence posts are the source of a powerful antimicrobial.

46 | Food Turning the underrated aubergine into delicious meals. *by Lauraine Jacobs*

48 | Wine Two new books explore aspects of New Zealand wine. *by Michael Cooper*

49 | Sport Cricketers could learn from rugby players that the less fuss over a great player's swansong the better. *by Paul Thomas*

BOOKS & CULTURE

50 | The secrets of originality

Birth order can affect creativity and procrastination can be good, says Wharton School management professor Adam Grant. *by Mark Broatch*

53 | Books Reviews of contemporary fiction releases

54-56 | Books About how to be a hedonist, and a collection of members' reminiscences to mark a men's club's half century

55 | Books Reviews of New Zealand non-fiction releases

58 | Music From Rihanna, Doprak, Lnzndrf, Massive Attack

59 | Spotlight Art is making a comeback in Christchurch with the reopening of two galleries

60 | Film *The Lady in the Van, Anomalisa*

12 | Politics Jane Clifton

94 | Life Bill Ralston

DIVERSIONS

62-64 | Diversions & Puzzles

63 | Wordsworth Gabe Atkinson

THAT'S ENTERTAINMENT

66 | Television Fiona Rae

69 | Online Fiona Rae

70 | TV Films Fiona Rae

72 | Radio Fiona Rae

73-93 | TV programmes

75-93 | Radio programmes

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Classified sales KIM CHAPMAN 07-578 3646

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Give peace a chance

Josie Butler wasn't exactly breaking new ground when she hurled a rubber dildo at Cabinet minister Steven Joyce on Waitangi Day. Her choice of missile may have been novel, but the nature of the act was wearisomely familiar.

Elements of the protest movement clearly regard physical assaults on politicians as a legitimate tactic. Don Brash, then leader of the National Party, was struck hard in the face with a clod at Waitangi in 2004. More recently, brothers John and Wikitana Popata assaulted Prime Minister John Key at Te Tii Marae in 2009 – an act that their uncle, Hone Harawira, then a Maori Party MP, gave every impression of excusing.

It doesn't need to be Waitangi Day for the angry and disaffected to justify hands-on attacks. Act MP John Boscawen was speaking in a debate during the Mt Roskill by-election campaign in 2009 when a rival candidate, campaigning on a "People Before Profit" ticket, smeared a lamington on his head. And when broadcaster Paul Henry tried to enter Auckland's SkyCity Casino for a charity lunch – unconnected with politics – in May 2015, he was jostled, menaced, abused and spat on by a screaming mob purporting to be concerned about child poverty. The protesters were actually there to heckle Key, who was delivering a post-Budget speech – ironically, following a Budget that gave an extra \$25 a week to families on benefits.

Butler's dildo attack prompted a commendably droll response from Joyce, who tweeted that someone should send a video to British comedian John Oliver – noted for his lampooning of New Zealand as a weird place – and "get it over with". Sure enough, Oliver devoted more than four minutes of his HBO show *Last Week Tonight* to the item. But amid all the chortling, he made a serious point: "If you threw something at a politician in this country, you'd be dead before the dildo hit the ground." That, at least, is a point of difference about which New Zealanders can be proud.

Levity aside, there's another serious issue here. Physical attacks – whether with a dildo, a lump of earth, a lamington or a gob of



The boundaries of reasonable protest will always be blurred but physical intimidation is never acceptable.

spit – are not part of the repertoire of legitimate protest. They are an intrusion on the rights of others. They are also a sad admission that gestures of inarticulate rage are too often preferred over the skills of reasoned debate.

It matters not whether any serious harm is done in such incidents. In a civilised, liberal democracy, people engaging in politics are entitled to expect that basic rights, such as freedom of speech and movement, will be respected. It's legitimate to ask what would have happened had the Waitangi attack been aimed at Jacinda Ardern, say – if she had been hit in the

face by a big rubber teat thrown by a skinhead protesting about refugee immigration.

Some might consider it not to be funny if a woman gets hit. Yet a female journalist was in fact struck on the breast by Butler's dildo after it bounced off Joyce.

There is no question that throwing a missile hard enough to hit two people constitutes assault, though Butler appears to have escaped prosecution. So what happens now if young people are sanctioned for throwing rubber missiles at teachers or students with whom they disagree? Are they not entitled to cry "hypocrisy"?

The reality is that Brash, Key and Joyce were entitled to go to Waitangi to celebrate our national day without risk of assault. Similarly, Boscawen was entitled to take part in a political debate without being subjected

to the humiliation of having a lamington planted on his head. The boundaries of reasonable protest will always be blurred but physical intimidation is never acceptable. It constitutes an assault on democracy itself.

It's also counterproductive, since it conflicts with most New Zealanders' views about how public life should be conducted. This may not bother hard-core protesters but it is a problem for the wider left, because as long as ideological zealots continue to parade their angry intolerance, the mainstream left will be tarnished by association.

It's small wonder Joyce made light of the flying dildo. Politically speaking, it was gold. But that's not the only issue here. The real question is what kind of society New Zealanders want. ■

YOUR SAY

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Fare price for national goodwill

My admiration for Air New Zealand's success ("Ground control", February 20) is tempered by the fact that, even if chief executive Christopher Luxon believes the taxpayer bailout in 2001 has now been paid back and he can present a "well-honed defence" to the regional route cuts, the national carrier still behaves arrogantly towards the country that saved it from collapse.

First, its willingness to drop several key regional services "because they lost \$1 million a month" needs to be seen in the context of a record profit of \$327 million. If retaining those services would have reduced the profit to \$315 million, that's not a bad price to pay for national goodwill.

Second, despite Luxon's patronising dismissal of Jetstar, he needs to remember that there are hundreds of thousands of travellers who are grateful for Jetstar's pressure on Air New Zealand to charge competitive fares on the routes served by both airlines. Air New Zealand's domestic fares on uncontested routes are a disgrace. To pay more to go to a family funeral in Nelson than it costs to fly to Los Angeles is an outrage, and an issue Luxon might like to ponder.

Petrus van der Schaaf
(Te Arai Point)

I have difficulty reconciling Christopher Luxon's moral compass and family values with Air New Zealand's \$15 levy on unaccompanied children's domestic fares. Meanwhile, the airline has made a record profit.

Big companies often talk about families being important to them regardless. Would it not be more family-friendly to charge for drinks on Koru Hour flights and continue to allow children to fly unaccompanied for free?

Anne Martin
(Papakura)

TESTS FOR RESEARCH FUNDING

Like Sam Morgan ("For love or money", February 20), I wonder why projects attract Government funding when "the market" should be taking care of them. I also question how rigorously grant spending is reviewed, and indeed, how closely funded proposals are examined.

In the early 2000s, I was involved in a project that had attracted \$1 million of taxpayer funds a year for six years. It had the support of one of the country's largest companies. The company was independently investing in research from an overseas university but the work was going nowhere towards a commercial product. No company funding supported the New Zealand research.

By the end of year three, the promise of a new product had largely gone. Disillusioned key staff had left and early in year four the crown research

institute involved suspended the work, but continued to receive the funding. Eventually the funding agency noticed the absence of reports and demanded work resume.

No review was conducted but work continued until funding was exhausted and someone was brave enough to tell the company it was wasting its time. Had this funding come from a private investor, the plug would undoubtedly have been pulled earlier or the work not supported at all.

Although wisdom in hindsight is wonderful, I wonder how closely the original Gameloft proposal was scrutinised by the funders. Now the Government wants its \$3 million back. Good luck with that.

Ross Fletcher
(Johnsonville, Wellington)

LETTER OF THE WEEK

CUTTING THE APRON STRINGS

My father, who died last week aged 95, was a World War II pilot. He was seriously wounded but recovered and carried on as a test pilot. His brother, a decorated RAF pilot, was killed in the Battle of Britain. My father was clear that they were wounded and killed for something far more important than a flag.

When he returned to the UK after the war and Britain's

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dumping of us in favour of its new EEC friends, my father had to stand in the long line of "other" arrivals while Europeans, including Germans, were welcomed as preferred visitors. Is that seriously the country we want to continue to give a place to on our flag?

New Zealand has found its place in the world, developing confidence and independence in sport, international relations and culture. The flag referendum is an opportunity to put a proud symbol of that uniqueness in place of one that shows us holding on to the apron strings of a mother who long ago cast us aside.

Helen Tait
(Cashmere, Christchurch)

Congratulations on the excellent editorial on the flag and Labour's sour grapes ("Embrace our identity", February 13).

I recently wrote to Labour leader Andrew Little and senior members of his front bench urging them to move their position. (I have no party affiliation.) The editorial nails

Letters to the editor {letters@listener.co.nz}

The Editor, Listener, Private Bag 92512, Wellesley St, Auckland 1141.

- Letters under 300 words are preferred.
- A writer's full residential address is required on all letters, including emails.
- Pen names or letters submitted elsewhere are not acceptable.
- We reserve the right to edit or decline letters without explanation, or to post them to our website.



Letter of the week

The letter of the week winner will receive copies of *Len Lye: A Biography and Art That Moves*, Roger Horrocks' accounts of the life and works of the Kiwi artist.

Caption competition



THIS WEEK'S PICTURE



WINNING CAPTION

Laurel Rockliff, Blenheim

FINALISTS

Penny: "Rod, you can drop the burka, Rachel has left the building." – Peter Chapman, Christchurch

Rod: "Phew, Penny! That's not what I meant by a selfie!" – Sorrel Bovett, Kerikeri

Rod: "I am ailing! I am AILING!" – PM Lynch, Upper Hutt

Rod: "Honestly, Penny, you've got to stop eating that haggis!" – Stella Davis, Napier



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Quips & Quotes

"An exact replica of the Titanic is scheduled to set sail in 2018. The good news is, by 2018, there will be no icebergs left to sink it."

— US comic Conan O'Brien

"Writing books is the closest men ever come to childbearing." — Norman Mailer

"Look at the parts the Oscar-nominated actresses played this year: hooker, hooker, hooker, hooker and nun." — film director Norah Ephron in a 1996 address to her alma mater quoted on the BBC

"Facebook turned 12 years old and it's hard to believe it's only been 12 years since I learnt to hate every single person I know." — US TV host Jimmy Kimmel

"People everywhere confuse what they read in newspapers with news."

— US journalist AJ Liebling

"Any sufficiently advanced technology is indistinguishable from magic." — writer Arthur C Clarke

"Behind every great man is a woman rolling her eyes."

— actor Jim Carrey

"Go ahead: try defeatism. Won't work." — US academic Eric Jarosinski, quoted in the Guardian

"I don't think writers or artists can afford to have a 'creative temperament' or wait for inspiration to descend. You have to simply sit there and make yourself do it. Once your mind understands that it has no excuses, it's remarkable how it begins to play along."

— Salman Rushdie in the Harvard Business Review

PHILIP PARKER



Labour's petty resistance.

"Curmudgeonly", "sullenly resisting" and "sulking" are bang on — the reply I received from Little's office was all of that. They have it so wrong and won't be forgiven by me or others who want to grab the chance to indeed embrace our identity.

Carol Stigley

(Khandallah, Wellington)

TPP FACTS

Anti-Trans-Pacific Partnership (TPP) protesters had a stall at Whanganui's weekend market with posters saying "secret agreement" and "NZ Government can be sued for loss of profit".

When I asked one of the stallholders whether she had read the agreement, which is published on the Ministry

of Foreign Affairs and Trade (MFAT) website, she laughed and claimed that it was 6000 pages long. To my suggestion that she at least read the synopsis, she sniffed that it was just propaganda.

I can understand that negative press about the TPP, which is all too common, might make people worried about the effects of the agreement, but to rely on the news media alone as a basis for protest is irresponsible.

Like many people, I was concerned about the effects of the TPP and that the Government was embellishing the benefits in order to sell them to us.

But I believe the MFAT information because bureaucrats have no reason to distort the facts. If they do, they will eventually be found out, and they are, no doubt, interested in self-preservation.

The agreement's benefits may be debatable but I believe we should ratify it because we will then be part of the ongoing review process. If not, we will have no say.

Stephen Palmer

(Bastia Hill, Whanganui)

Life in New Zealand

...last week's runaway swans weren't commonplace, but they added to a raft of callouts the Coastguard and maritime police attended every summer. *Sunday Star-Times*, 3/1/16

Our next cat was a ginger tom, aptly named Gingernut, or Nut for short. Nut by name, nut by nature. He was ballsy. *Bay of Plenty Times*, 27/11/15

A variety of factors can cause a crash but wearing a seat-belt correctly can mean the

difference between life and deaf, according to police.

Whakatane Beacon, 13/1/16

"Some of those headstones ... there is historical significance", she said. "They're sitting in a dead zone, so nothing is happening to them." *Manawatu Standard*, 11/1/16

Now she has one that records Kayley's feeding and changing routine, and sends a wee reminder when needed. *Upper Hutt Leader*, 13/1/16

LIFE IN NEW ZEALAND: Entries must describe New Zealand events. The first sender of those accepted will receive a \$5 Booksellers voucher. Enclose name, address and source/date; TV and radio entries must also include specific time. No correspondence will be entered into. **SEND TO:** Life in NZ, Listener, Private Bag 92512, Wellesley St, Auckland 1141. Picture files only can be emailed to: life@listener.co.nz

WORSLEY'S WHEREABOUTS

The article on high-country station Mesopotamia (*Travel*, February 13) said Frank

Worsley was hunting wild cattle with his brothers on the station in the 1850s. As he was not born until 1872, this is impossible.

Worsley's grandfather arrived in Lyttelton in 1851 with his large family, so it seems unlikely that he would have been roaming the foothills of the alps hunting wild cattle either.

Jean Ross

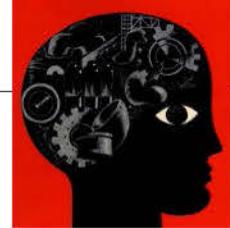
(Hamilton)

FOR THE RECORD

A February 20 article about Tony Forster, former WorkSafe chief inspector, extractives, incorrectly stated 35 workers had died in the quarrying sector between 2010 and 2015. Six workers died in quarrying accidents over that period.

10 Quick Questions

by GABE ATKINSON



1. Which of these poetic forms has five lines?

- Sonnet
- Haiku
- Rondeau
- Cinquain

2. Which of these has a similar meaning to "calumny"?

- Candour
- Slander
- Pander
- Meander

3. In 1814, part of London was swamped by a deadly flood of what?

- Champagne
- Coffee
- Tea
- Beer

Answers on
page 64.

4. In the movie *Jaws*, which character was played by Roy Scheider?

- Matt Hooper
- Quint
- Martin Brody
- Larry Vaughn

5. Mexico is part of which region?

- North America
- Central America
- South America

6. The NZ dollar is used as currency in which of these places?

- Tuvalu
- Pitcairn Islands
- Norfolk Island
- Kiribati

7. True or false? Vatican City leads the world in wine consumption per person.

- True
- False

8. What is the main component of grits, an American dish?

- Corn
- Potatoes
- Oats
- Wheat

9. Which musical features the song *If I Were a Rich Man*?

- My Fair Lady
- Show Boat
- Oklahoma!
- Fiddler on the Roof

10. In the Northern Hemisphere, which way does a cyclone spin?

- Clockwise
- Anticlockwise



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**RACHEL
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IN WASHINGTON DC

Stealing the spotlight

An unexpected Oscar darling shows how much things have changed in the past 15 years.

Spotlight – the based-on-a-true-story newspaper procedural about a team of *Boston Globe* reporters who uncover a systemic paedophilia scandal within the Catholic Church – has to be one of the least likely Oscar darlings in Academy Awards history. Somehow, this movie has managed to rack up six nominations while being painstakingly faithful to the actual practice of investigative reporting.

There are no clandestine meetings in parking garages with deep background informers, no hot reporters who sleep with their sources. The movie's commitment to realism is so complete that there are no hot reporters at all. One of the most thrilling moments comes when a guy sits down at his desk and cross-references a set of parish directories with a list of names in an Excel spreadsheet. I understand why journalists like this movie. But why are normal people going to see it?

The answer, I think, has a lot to do with the state of the American newspaper in 2016. The daily paper used to be one of this country's great institutions, animated by an expansive sense of mission. From small-town rags to mid-sized dailies to titans like the *New York Times*, the best papers believed they had a social responsibility to aggressively expose corruption and to provide deeply researched explanations of public policy to their readers.

Often, this meant allocating resources in a way that didn't make sense from a pure business perspective. The *Globe*'s four-person Spotlight team, for instance, would spend up to two years on each investigation – it took them a couple of months just to pick the right project. As recently as the early 2000s, it was common for regional papers to dispatch reporters to cover international events like the Iraq War. And the claim to a higher calling could verge on the priestly: Len Downie, a former editor of the

Washington Post, famously abstained from voting for the 17 years he held the job because he thought it would compromise his objectivity.

Then the internet happened and everything went pear-shaped. Online classifieds killed the ones in the back of the paper. When newspapers started publishing everything on

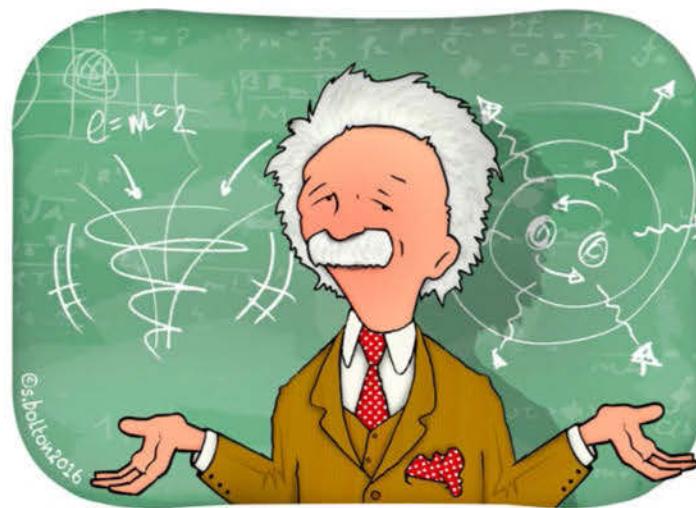
There are no clandestine meetings in garages, no hot reporters who sleep with their sources.

their websites for free, people stopped subscribing and the bottom dropped out of the ad market. Newspapers everywhere announced mass layoffs and years-long hiring freezes. Between 2008 and 2010, 166 print papers vanished entirely.

Things have stabilised, but everything has changed. All the journalism jobs now are in online publications, some of which publish excellent work but rarely at the sustained level of a major newspaper at its peak. Most surviving papers, meanwhile, are shells of their former selves. Some of the cutbacks are perfectly sensible – the *Baltimore Sun* doesn't need bureaus in London, Johannesburg, Beijing, Jerusalem and Moscow. But it desperately needs hard-hitting reporters to hold the city to account and make sense of its many and complex problems.

My favourite moment in *Spotlight* comes when the team's lead reporter discovers a vital piece of evidence after months of painstaking work. He returns to the office, where a giant AOL billboard looms over the building. Its bright poppy logo makes the *Globe*'s brick headquarters look tired, diminished – a premonition of the upheaval to come. This is a period movie, even if the period it depicts is only a few years past. The "morgue" where old clippings were stored is a period detail, as are the godawful khakis worn by all the male reporters that are always at least one size too large. But so is the newspaper's capacity to dedicate itself so completely to the public interest. The movie is so compelling because it captures a world that's already gone. ■

New Zealander Rachel Morris is executive editor of Huffington Post Highline.



"As a result of my work in space-time and my theory of general relativity, I will shortly be there to say: 'Told ya!'"



DIANA
WICHTEL

Baby talk and billionaires

In a contest between babyhood's secrets and capitalism's excesses, guess which is the acquired taste.

Innocence and experience: the former doesn't get much play in the venal, homicidal terrain of prime time where, as Hunter S Thompson may have once said about something, thieves and pimps run free and a cooking competition is framed as a fight to the death. Scratch prime time and you'll find an anxious ode to the human condition.

So TV1's *Secret Life of Babies* made a nice change. The ITV documentary was awash with cute, drunkenly tottering, babbling innocence, plus the latest science on the evolutionary advantages of cuteness (helps ensure survival), tottering (balance) and babbling (talking practice). *Babies* was as adorable as an tiny owl in a teacup. There was babble – "Let's not forget the importance of cake!" – and the programme tottered drunkenly to the edge of propriety when it dressed babies as tiny barmen at a tiny bar to demonstrate ... something.

I missed the companion piece, *Secret Life of Cats*,

but *Babies* threw in a puppy, a kitten and a leopard intent on mauling a chuckling tot behind a glass wall for good measure. Here we learnt that those parents everyone knows who refuse, with a withering air of superiority, to pull faces or talk in silly voices to their babies aren't so smart after all. We instinctively make idiots of ourselves around babies. It helps them learn.

Babies was narrated by Martin Clunes, a man whose exaggerated features would give a newborn's brain cells a right kick-start. He assumed the hushed, Attenborough-in-the-mist voice-over style evolutionarily designed to put viewers in a receptive near coma. Fortunately, the sight of babies en masse pouring paint onto carpet – beige carpet – guaranteed a bracing surge of adrenalin in anyone who has been a parent with a limited soft-furnishings budget.

Babies had many moving and enlightening moments – see the extraordinary communication skills of a twin boy and girl with pro-

foundly deaf parents; and the crow of triumph from Georgia, who has cerebral palsy, when she stood for the first time. If the script was a bit too scrupulous in avoiding intellectual challenge, you could do worse than show this in schools. Understanding how babies work explains a lot about what makes us human. That's what television is for, and when it comes to getting a grip on ourselves, we can use all the help we can get.

Parents who, with a withering air of superiority, refuse to pull faces or talk in silly voices aren't so smart after all.

It's back to venal business as usual with Soho's *Billions*, in which 9/11 survivor and hedge-fund billionaire Bobby "Axe" Axelrod uses and abuses his power in pursuit of ... more power. Dodgy US attorney Chuck Rhoades is out to get Axe. This is the sort of world where it doesn't seem to matter that Chuck's wife, Wendy, works for Axe. It's a world where Chuck and Wendy wind down after a hard day of decadent capitalism with risible S&M bedroom scenes.

One of Axe's underlings relaxes by shooting at fawns in his yard with an automatic weapon. "Eat, move, shit, repeat!" he rails. "They're so stupid!" Fortunately he's a crap shot. All of this is no doubt a metaphor for something rotten at the heart of systems financial, judicial and other. There's treachery afoot: "Someone's trying to f--- me!" howls Axe. "I'm being short squeezed!" Sounds uncomfortable. I think we are going to be expected to like Axe, but he's no Walter White.

Solid actors – Damien Lewis as Axe, Paul Giamatti as Chuck – are pushing it uphill to make you care. *Billions* gets points for references to *Rocky* and *Citizen Kane* in the same portentous sentence and for the Metallica cameo, with merchandise.

But so far it's all too cartoonish – *Pinky and the Brain* set in Wall Street – to deliver much of a message. Unless that is the message: what are dodgy hedge-fund billionaires but the genetically modified lab mice of our age, seeking world domination? I haven't decided yet whether this will be entertaining or just deeply depressing. ■

THE SECRET LIFE OF FOUR YEAR OLDS,
TV1, Tuesday, 8.30pm; **BILLIONS**, Sky Soho, Tuesday, 8.30pm.



"Oh, don't worry. That's Benedict Cumberbatch. He's in everything."



JANE
CLIFTON

A dope vote

Politicians are being forced to confront two issues they'd rather avoid.

Cometh the hour, cometh the man is the way it's supposed to work. But for ambitious political change, we're finding it works better to go: cometh the woman, cometh the hour.

First Lecretia Seales, who died in 2015, and then a dying Helen Kelly put the most challenging of issues irretrievably on the main political agenda. They chose to fight for others' rights while knowing they would never benefit from a victory and have achieved what no workaday MP could: cut-through for reform of euthanasia and medical marijuana laws respectively. Although euthanasia is still some way off the parliamentary order paper, it's an issue that's not going away.

And although the Government thinks medical marijuana is too minor an issue to merit its political capital, it may soon have to think again – and rather urgently.

This could be one of those rare depth-charge issues that stirs the tectonic plates beneath the next election.

Longtime union leader Kelly's experience as she battles terminal lung cancer is, in common with many pain-sufferers, that cannabis oil provides the best relief. Although there's too little clinical evidence for officials' comfort of how and why this might be, the anecdotal accounts are compelling.

Even in the absurd unlikelihood that all the reported relieved symptoms are just a mass placebo effect, it is still an effect. If this stuff relieves suffering without the zonking side effects of opioids, then what on earth are we doing denying it to sufferers?

The lack of evidence is not their fault but a consequence of pharmaceutical companies' reluctance, until recently, to

invest in testing drugs that politicians might ban. Such trials are finally beginning to yield answers and products. Australia is on track to make access to the drugs available on prescription and is doing its own clinical trials.

Here, we are still rationing and begrudging and making sick, vulnerable people jump through hoops including, humiliatingly, appealing to

Medical marijuana will be an even more mobilising issue than euthanasia.

the Associate Health Minister – Peter Dunne – who is not a doctor, a vet or even an amateur naturopath. It's a patched-together procedural cop-out for circumstances that officials and politicians simply haven't wanted to

risk their necks over. And as many, possibly most, of the people who come off the worse for this system die sooner rather than later, it hasn't been thought a political biggie.

SHE MIGHT HAVE A POINT

Kelly's experience suggests otherwise. It's an issue capable of percolating right through voter-land. Having made no secret of her cannabis-oil use, Kelly is constantly approached by people asking if she can help them get some too.

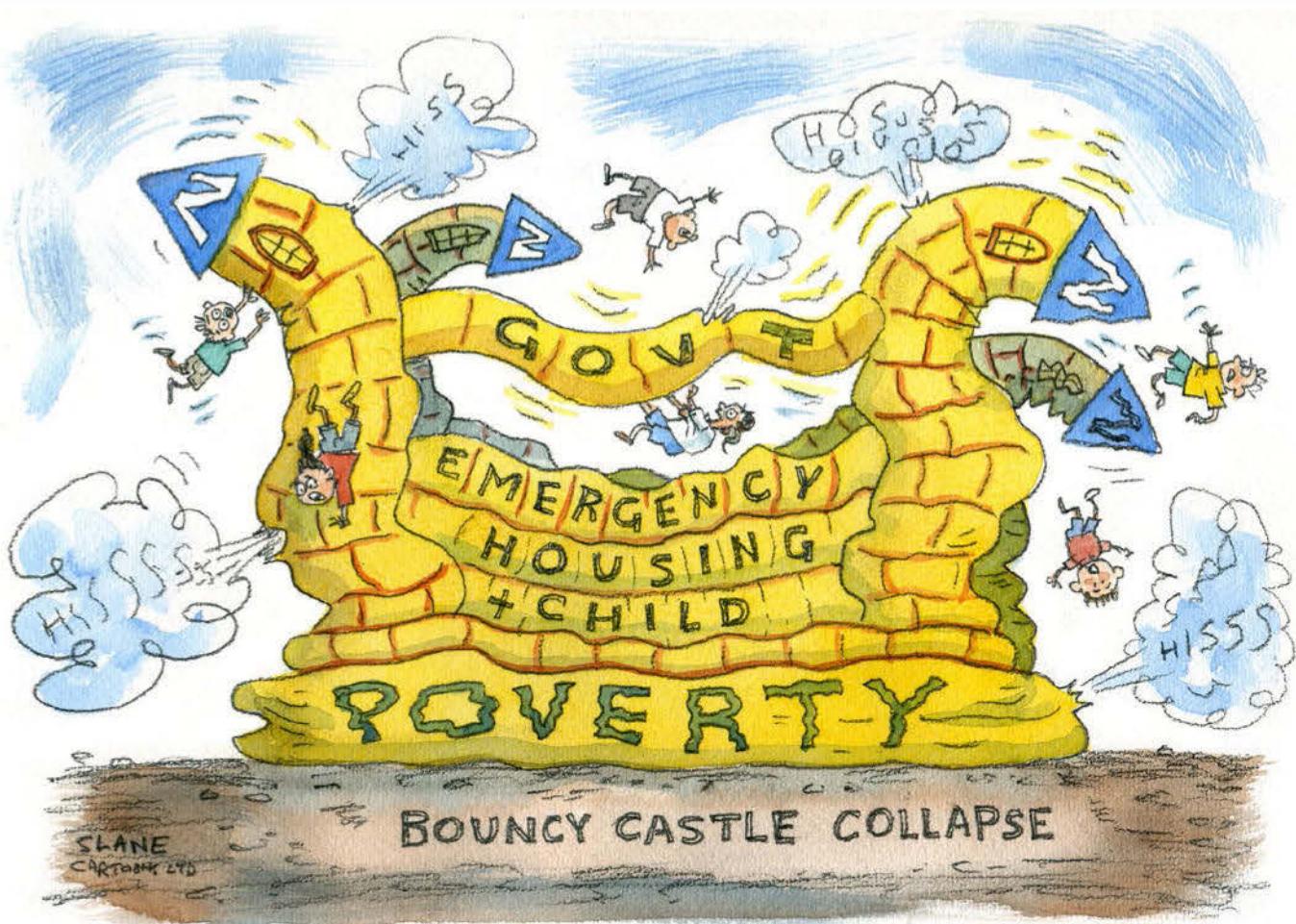
These are not would-be stoners. Nor are they all people suffering the effects of cancer or chronic seizures. They are often middle-aged and elderly people in chronic pain, typically from arthritis.

Just feed that fact into the great Vote-O-Meter in the sky and analyse it for a sec. The middle-aged and elderly are the most likely demographic to bother to vote. They are also a demographic bubble increasingly influential in the economy.

And they're a teeny bit spoilt. Unlike their parents and grandparents, they resent being told no and expect not to have to suffer in old age. They're moving ever deeper into the aches and pains zone as they're living longer. Any mammal that lives long enough develops arthritis, and it's one of those pesky conditions for which there's so far no cure, and sometimes not even a satisfactory joint-replacement

Impasse: Helen Kelly and Peter Dunne.





option. Couple this self-interest with the widespread compassion for cancer and seizure sufferers and you can see a potential vote-mobiliser.

Kelly and her supporters plan a referendum petition to make medicinal cannabis readily accessible on prescription. Their optimal outcome would be a referendum attached to the next general election.

It doesn't take a TAB actuary to assess the odds as wildly auspicious. This issue will be even more mobilising than the euthanasia campaign, because there is barely a downside. People are not going to degenerate into chronic bong-heads on these drugs or press them onto children at the school gates or deal them on the black market for megabucks. They're not druggies' drugs. They're formulated expressly not to make the user foned, which is why they're so greatly preferred over opioids.

HEY, MAN, THAT GETS MY VOTE

For the younger voting demographic, such a referendum is just as

motivating a cause. Anything involving liberalisation of drugs will get their attention, and the fact that these ones ease the suffering of many particularly vulnerable people will flick the idealism switch like little else on the political agenda.

Government chain-dragging will make it even more politically attractive. Dunne has said he's not going to be swayed by "emotional nonsense" – a

Government MPs appear to suspect this is a stalking horse for the legalisation of recreational cannabis use.

foolishly provocative and dismissive response given Kelly's condition. The Prime Minister's brush-off was that there were other treatment options, a further inciting comment.

It appears Government MPs are behind the eight-ball, still suspecting this crusade is just a fad or a stalking horse for the legalisation of recreational cannabis use. This is the only ticklish aspect of Kelly's campaign – the risk that pro-drug-liberalisation forces will muscle in and muddy the waters. These are two distinctly separate issues, and legalisation of cannabis does not have the same

cross-over appeal. It may be an argument for later politics, but needs to be kept out of this one.

Handled adroitly and boldly – and with Kelly's political clout it should be – this campaign could tilt the voter landscape from right to left. National should recall the almighty fuss the previous Government faced over its therapeutic medicines legislation, which would have denied many people their favourite herbal remedies. It caused a rare Labour backdown, as Helen Clark could see a heavy loss of votes ahead.

This issue has the same power. And if it were to succeed in drawing more young voters to the polls, the Opposition parties may finally tip the see-saw against National's mighty popularity. The traditional reckoning is young voters are more left than right.

We never know this for sure, as too few of them actually cast a vote. If it continues to set its face against medicinal cannabis, National will find out. And there's no such thing as a mere placebo election loss. ■

SHAKEDOWN OF A SHAKEUP

For almost five years, Christchurch's recovery has been largely in the hands of Cera and its minister, Gerry Brownlee. As the city copes with more aftershocks, what's been learnt? **by REBECCA MACFIE • illustration by CHRIS SLANE**

There are countless vantage points from which to begin to assess the progress of central Christchurch five years after it was brought to its knees.

We could start at the spectacular Margaret Mahy playground, developed by the Government beside the Avon River at the cost of \$40 million and filled with ecstatic children from the moment it opened in late 2015. We could begin amid the productive mess and din of the emerging retail precinct, where shopping and office buildings costing hundreds of millions are under construction. Or we could alight on any one of the restaurants or bars that have sprung up in the gravel-strewn gaps, a testament to the sheer audacity and imagination of their owners.

There is no single feature that sums up the

state of the city, no neat motif that captures the maddening frustrations (endless drifts of road cones, noise, delays), the sheer simple delights (a reopened art gallery, a stretch of smooth road), the nagging uncertainty (just as we had begun to trust the ground under our feet, a 5.7 jolt, five years on) or the still-reverberating shock that a cityscape once intimately known has been almost completely erased.

But the corner of Manchester and Hereford streets is as good a starting place as any. From here, property investor, developer and business leader Ernest Duval provides a 360-degree commentary on what has been and what is to come.

Over the road, there's a large grassed area that straddles several blocks. Called the East Frame, it was bought by the Government from myriad property owners and their buildings demolished in order to consolidate

the CBD into a compact "core". Duval was one of those who had interests in land that was taken by the Crown for the 10ha "frame". He has moved on, but a handful of others, including developer Denis Harwood, are still battling the Government's deployment of compulsory acquisition powers to take their properties. He's promising to take the Crown to court.

Before the Government intervened, Harwood had plans drawn up to turn his damaged but repairable building into apartments, but now the right to develop residential housing in the East Frame belongs to Fletcher Building. It has been named by the Government as the developer in the area and will roll out apartments for 2200 residents over the next 10 years.

Swinging around to the west, we can see the graffiti-covered stump of the former BNZ building. The Canterbury Earthquake Recovery Authority (Cera) demolished part of the building nearly four years ago and handed it back to the owner, who has since pulled his money out and invested it in Auckland. But the building has a new owner, who plans to level the site and develop something else.

In between, there are buildings that don't

Crisis in Christchurch: *Listener* coverage of the earthquakes.





Clockwise from top left: the new user-friendly bus interchange; the Deloitte building; artists' impressions of the East Frame, the Margaret Mahy Family Playground and the proposed Christchurch convention centre precinct; the new Cardboard Cathedral; an artist's impression of the Earthquake Memorial Wall designed by Grga Vezjak; and colourful security fencing surrounding Christ Church Cathedral.

appear to have been touched since the earthquake. On the far side of some vacant lots there's the elegant curve of the Millennium Hotel (unrepaired and still closed), which in turn looms over the damaged and endlessly contested Christ Church Cathedral.

Beyond that lie two large empty blocks that have been bought and cleared by Cera for a massive convention centre. The proposed complex was tagged by Earthquake Recovery Minister Gerry Brownlee as one of the priority projects in the Crown's 2012 masterplan for the rebuilt CBD. Like an economic defibrillator, it was to kickstart the central city economy.

"In the near term it will provide certainty and confidence to the private sector, encouraging private investors to accelerate the rebuild of central Christchurch," he wrote in advice to Cabinet in 2013. Longer term, it will "leave a legacy of buildings, public spaces and activity that will help define the rebuilt Christchurch".

Construction was to be completed by early 2017, according to an "indicative anchor project delivery schedule" published by Cera in late 2013. But there's nothing here except a sullen grey expanse of gravel and broken

Four years on, most of the anchor projects are significantly delayed, and one – the stadium – is "on hold".

concrete, ringed by security fences.

Duval, like everyone else in Christchurch (including Mayor Lianne Dalziel), wants to know what's going on, but no one is telling.

"We're starved of information, and that creates uncertainty," he says.

In the absence of progress and knowledge,

rumours circulate and stagnation has leached into the surrounding area, creating urban blight north of the Square. "People are sitting in the wings, but if they had information they would act. You rely on trying to join the dots," says Duval.

Still, he is an optimist. Eventually, there is going to be "a pretty dramatic central city". But "we're missing opportunities while we sit in a puddle of mud five years on".

DRACONIAN POWERS

For almost five years, Christchurch has been largely under the command of Cera and Brownlee. The Canterbury Earthquake Recovery Act, written in extremis following the devastation of February 22, 2011, created draconian powers – to compulsorily acquire and amalgamate land, to nullify the effect of other statutes, such as the Resource Management Act, enabling it to demolish heritage buildings without regard for the wishes of the owners or public, and



to over-ride local government plans and bylaws. It was all in the name of effective, timely and co-ordinated recovery.

Although disasters happen with devastating frequency around the world and there are many examples of post-disaster recovery regimes, New Zealand had not had to think too deeply about such matters. The last time a major urban area had been severely damaged, with large loss of life, was the Napier earthquake of 1931, when two commissioners were appointed to run the town's rebuild and recovery.

The first earthquake in what became the Canterbury sequence was on September 4, 2010, prompting the Government to introduce novel legislation to guide the recovery under the Canterbury Earthquake Recovery Commission (CERC).

But even before the much more savage February 2011 quake, the commission was judged to be failing, and the Christchurch City Council (CCC) – under then-Mayor Bob Parker and former chief executive Tony Marryatt – had reverted to an inadequate “business as usual” strategy for dealing with the damage. Both organisations seemed

woefully ill-equipped to run the \$40 billion recovery that lay ahead.

PROS AND CONS

The creation of Cera as a government department, with the expectation of a “high level of ministerial control”, was justified by the “political and fiscal risk to the Crown”, according to Cabinet papers from the time.

It was vital to prevent “sporadic, dispersed and unco-ordinated reconstruction”, Cabinet was told.

The papers show that officials summarised the pros and cons of various international recovery regimes, drawing lessons from the likes of Hurricane Katrina, the 2010 Queensland floods and the 2009 Victorian bush fires. Although recovery agencies elsewhere are commonly overseen by an independent

board, the Government decided Cera would be answerable to Brownlee, with no external governance board.

On the spectrum of international recovery regimes, the Cera model was highly centralised and closer to the Chinese approach following the Sichuan earthquake in 2008 than to the oft-deployed and highly decentralised US model of recovery management following hurricanes and other calamities, according to San Francisco-based recovery expert Laurie Johnson, who has visited Christchurch many times and closely followed the city’s recovery.

Some accountability mechanisms were built into the CER Act, however. A community forum was set up and its volunteer members meet fortnightly to give feedback to Brownlee and Cera officials. Brownlee is said to have valued its role as a sounding board, although it has no teeth to overturn decisions. A panel chaired by a retired High Court judge was set up to review ministerial Orders in Council to override existing laws. And a cross-party forum of local MPs was stipulated in the legislation, but this has been widely seen as unable to rise above

CANTERBURY: FIVE-YEAR ANNIVERSARY



Clockwise from top left, the city centre after the 7.1 magnitude earthquake on September 4, 2010; a deserted Colombo St the day after the 6.3 magnitude quake on February 22, 2011; homes in Chester St; the Christchurch Catholic Cathedral; a destroyed home in 2011; the crumpled Pyne Gould Building; rescue workers at the collapsed CTV building in which 115 people died.

party demarcation lines to provide an apolitical voice for the traumatised city.

The centralisation of control of such an enormous and complicated recovery task in the hands of a new government department and its minister alarmed some international experts, who wrote to Prime Minister John Key in late 2011 urging change. Among the signatories were Doug Ahlers, a recovery expert from the Harvard Kennedy School of Government, Sir Richard Leese of the Manchester City Council, and Kit Miyamoto, a seismic engineer with extensive experience of post-disaster reconstruction.

Offering their experience from "similar-scale disasters in other parts of the world", they called for a governance structure that allowed business, non-government and community sectors to be heard, and warned that the decision to demolish the majority of the CBD (including repairable buildings) would lead to higher costs, a loss of city identity and a slower recovery.

It's estimated that 85% of the \$3 billion job to repair the city's pipes, drains and roads has been done.

"I think I can say with confidence that this could be considered by some as being worst practice," wrote Ahlers of the Cera structure.

MASSIVE EXPANSION

When it was announced in April 2011, Cera was to be a svelte organisation of about 55 staff. By 2015, it had grown to 344, took up six floors of the HSBC building in the central city and included 19 employees paid more than \$200,000.

Within a year of its inception, the scope of the department's responsibilities had expanded massively. By the end of 2011, the CCC had written a draft plan for the recovery of the central city, developed after extensive community consultation through the fêted Share an Idea programme. But on the advice of Cera's then-general manager of economic recovery, Steve Wakefield, Brownlee decided the Government should take the lead role in determining the future of the shattered CBD. The CCC plan was shelved, with Brownlee advising Cabinet that it would not deliver a co-ordinated recovery in the CBD, where there was a risk

'Confidence is starting to grow'

The engineer leading the successful Arts Centre restoration is taking a leading role in Christchurch's recovery.

Andre Lovatt has had his head down for the past four years overseeing the restoration of New Zealand's most significant collection of heritage buildings, the Christchurch Arts Centre. Beavering away on the large, delicate site are upwards of 150 workers – including internationally recruited stonemasons – working towards a completion date of 2019. Some buildings are already back in operation and several will reopen this year.

Under Lovatt's guidance as Arts Centre chief executive, the project looks set to come in at about \$200 million – \$90 million less than originally thought. Insurance will pay \$165 million of that, and the rest will be covered by donations.

It's a heart-warming story. Lovatt says sometimes older Cantabrians weep when they hear him outline progress and realise that they will have their beloved Arts Centre back during their lifetimes. Originally, it was thought the job would take 20 years.

It's been a challenging role, even for a smart engineer who has excelled internationally. Lovatt came from a 10-year stint as Arup International's principal in Singapore, working on large projects such as the US\$1.2 billion Marina Bay Sands development and the national stadium.

Christchurch beckoned him and his family home in 2012. He'd grown up in what became the residential red zone, and he and his environmental-engineer wife, Kate, knew the city was hurting and that they had skills to contribute.

His success at the Arts Centre has lately elevated him to an even more

intricate role – he has been picked to chair Regenerate Christchurch, the new agency set up to lead Christchurch's recovery after Cera is disbanded in April. The new structure creates – for the first time in five years – a recovery partnership between the Government, city council and Ngai Tahu, with each represented on a yet-to-be announced Regenerate Christchurch board.

The central city, the residential red zone, and the eastern suburb of New Brighton will be key areas of focus, although the Government's big anchor projects in the CBD will be handled by a new government company named Otakaro Ltd, chaired by Nelson director Ross Butler.

There have been turf battles between the Government and the council over how power will be shared under the new regime, but Lovatt says he has been assured by both Earthquake Recovery Minister Gerry Brownlee and Mayor Lianne Dalziel that the establishment of the new agency marks a clear shift to more locally focused decision making. "To a certain extent it's about the normalisation of governance in Christchurch."

Although there is no expectation that the big anchor projects will be ditched, Lovatt says Regenerate Christchurch will have the job of "refreshing" the over-arching CBD recovery plan. But he says that process "cannot undermine the confidence that is starting to grow ... We've got a greater ability through this process to engage the community about how long things are going to take. I'm a big believer in that, even if it's bad news. I think people need to know."



Regenerate Christchurch chairman Andre Lovatt.

of “lingering uncertainty” and delay.

The Christchurch Central Development Unit (CCDU) was set up in April 2012 as a subset of Cera. It was a de facto urban redevelopment agency mandated to oversee billions of dollars worth of investment in large projects. Cera did not advertise the job of leading it, instead appointing an existing senior staffer, Warwick Isaacs.

Brownlee advised Cabinet in April 2012 that the new unit was justified because international recovery experience showed Christchurch had only two years to set up the planning framework, “achieve significant visible progress on anchor projects and create investment and community confidence”. Otherwise momentum would be lost.

The first task was to develop a blueprint for the central city that would locate where anchor projects, such as a convention centre and sports stadium, would go. This would be done “in consultation with key strate-

brief. Subsequent reports have suggested the centre will cost almost \$500 million, of which \$284 million has been promised by central government, with the balance to be paid by the selected development consortium of Plenary Group, Ngai Tahu and Carter Group (the only group to put in a final bid to Cera when development partners were sought in 2014).

Brownlee’s advice to Cabinet in July 2012 was that the convention centre, a landscaped precinct along the Avon River and the East Frame were priority projects in the blueprint. Over the following months Cera bought more than \$500 million of CBD land for the various anchor projects, including paying about \$75 million to buy and clear the convention centre site.

SIGNIFICANTLY DELAYED

Four years on, most of the anchor projects are significantly delayed, and one – the stadium – is “on hold”, according to Cera’s supplementary annual review, tabled this month. There is still no final implementation business case for the convention centre, and the latest word from Cera’s acting chief executive John Ombler is that negotiations with the Plenary-led consortium are continuing, but he can’t say for certain whether the project will go ahead.

In 2015, the Treasury delivered a serious blow to confidence in the blueprint, reporting that delivery of the anchor projects “appears to be unachievable. There are major issues with project definition, schedule, budget, quality and/or benefits delivery, which at this stage do not appear to be manageable or resolvable. The project may need re-scoping and/or its overall viability reassessed.”

The Avon River landscaping and restoration project, which is to enhance the waterway and banks as the key feature of the CBD, was meant to be finished in mid-2015 but is more than two years behind time. A large chunk of the job has only recently been tendered by construction companies. Another anchor project, an inner-city residential “demonstration” project for which four architectural consortia competed in an exhaustive design competition, collapsed late last year when Cera suspended negotiations with the winning group. The runner-up



Clockwise from above, San Francisco-based recovery expert Laurie Johnson; Christchurch Mayor Lianne Dalziel and Earthquake Recovery Minister Gerry Brownlee; Ben Gough, who has attacked “dithering and delays”; Antony Gough, a local developer who is re-investing in the city.

Cera was to be a svelte organisation of about 55 staff. By 2015 it had grown to 344.

gic partners”, including the council, whose own plan had been set aside. It was vital to “catalyse change” and prevent “sporadic, dispersed and unco-ordinated reconstruction”, Cabinet was told. The fear was that with so much bare land available, values would fall and “urban decline will set in”.

Brownlee said “some” local investment was likely, but the new unit would need to target outside investment from sovereign, institutional and private funds. A “shared vision” with the community was essential.

A consortium of planners, architects and other experts was appointed to develop a new blueprint for the CBD within 100 days. A member of the group, Christchurch architect David Sheppard, says they were handed a design brief listing the 17 anchor projects that had to be included. It specified that the proposed convention centre must be four times the size of Christchurch’s previous one, which had been built in 1997 for \$17 million and barely broke even.

Sheppard says some in the group questioned the proposed scale of the complex, but there was no opportunity to alter the

consortium of Walker Architecture and US company Ceres

– which specialises in post-disaster reconstruction – last year asked to meet Brownlee to discuss the opportunity to take over the development, but his office declined, citing “heavy diary commitments”.

There have also been successes – the wonderful new playground, a user-friendly bus interchange, well-advanced construction of a justice and emergency precinct for multiple agencies and 2000 staff, and an emerging “innovation precinct” that will be home to Vodafone and Kathmandu. The emerging retail precinct, consisting of four major developments driven by long-established local investors Nick Hunt, Tim Glasson, Philip Carter and Antony Gough, is generating high hopes that the area around Cashel St will become a vibrant hub.

More than 85% of the \$3 billion job to repair the city’s pipes, drains and roads has been done (although only to a patch-up standard, rather than “as new”). The innovative Scirt alliance (Stronger Christchurch Infrastructure Rebuild Team) of big construction companies, local and central government is credited as a highly



successful approach to getting through the horizontal infrastructure work.

But the offshore and institutional investment that Cera was expected to recruit is scarce. Local property investor Stephen Collins – who has completed a large office development in the city – told a conference last year “every building in Christchurch today is being built by someone who lives in Christchurch, who is either replacing income or putting something back into the city, and we’re all nuts, I can tell you”.

Some outside investors tried to put money into the CBD rebuild, but left town with their cash still in their wallets. Fund manager Tim Howe, of Ocean Partners, says his group returned \$120 million to its investors when it couldn’t make progress with the retail precinct. Likewise, Goodman Group was keen to develop a retail complex on the same central city site that Howe’s group sought to develop, but chief executive John Dakin says it gave up because Cera was unable to deliver a block of land large enough to meet its own stipulation that developments had to be at least 7500sq m. Despite strong historical links with the South Island through its founder, Pat Goodman, the company opted to focus on Auckland, instead.

‘DISCONNECTED AND EXCLUDED’

Although many developers and consultants approached by the *Listener* declined to go on the record, criticism of Cera for failing to inform and consult on the CBD rebuild has become increasingly strident. Even those who were part of the blueprint

group have been frustrated by the inability to have a say in how the plan is being developed. Architect Sheppard says he and others have requested meetings to discuss it, but to no avail.

Colin Corsbie, chair of the Canterbury branch of the Institute of Architects – a group that might have expected to be closely consulted – has publicly attacked Cera’s performance. “Huge resources have been spent by Cera and CCDU with only marginal positive outcomes for the city.” The promised “shared vision” has not eventuated, and the community feels “disconnected and excluded from the recovery process”.

Developer Ben Gough has attacked “dithering and delays” over the anchor projects, saying neighbouring property owners’ hands are tied because of the lack of certainty. Alex Voutratzis of the Property Council wrote in a submission on the Greater Christchurch Regeneration Bill (which sets up a new institutional framework to take effect when Cera is disbanded) that its members had “money to invest and expertise to offer, but ... have been frustrated”. The “ineffectiveness and uncertainty of Cera has ... slowed the rebuild”, he wrote. His members felt the agency had an “inward focus” and lacked engagement. Former Cera team leader Ross Milne wrote in a submission on the new Bill that there was a “fear culture within Cera and confusion over whether [it] was serving [Brownlee] or the public; the staff tendency was to acquiesce to the former”.

Cera’s September 2015 Well-being survey shows public faith in Cera has slipped

steadily. Only 29% of people surveyed had confidence in its recovery decisions, compared with 41% in September 2012 and 33% in April 2014. The same survey shows 33% confidence in the Christchurch City Council (up from April 2014 but down from later surveys).

The city council – a key strategic partner – is briefed by Cera “from time to time” on the progress of the CBD recovery, says Dalziel, who was elected in late 2013 having previously been Labour MP for the severely damaged Christchurch East electorate. But she says the Government’s plan for the central city “completely disempowered” the council, and even now – with Cera due to go out of business in less than two months – the council has no idea what is happening with the convention centre proposal for the heart of the CBD.

“The people of Christchurch are ratepayers and taxpayers and they deserve better than this. The irony is that if you engage

Some outside investors tried to put money into the CBD rebuild, but left town with their cash still in their wallets.

people in the process, not only do you get a better result and it might take a little bit longer, but it sticks. People own it. That’s what’s been missing,” says Dalziel.

For all the criticism of Cera and Brownlee’s powers to override private property rights, some argue those powers should have been used more aggressively in the CBD, not less. Former Ngai Tahu property boss Tony Sewell says Cera needed to follow through on the blueprint by suspending the development rights of property owners outside the blueprint area, such as Victoria St and Addington, where commercial construction has surged ahead in a sporadic, dispersed fashion. With so much office space outside the proposed “compact” CBD, “who’s going to fill the inner city now?” Sewell asks.

In preparing this article, the *Listener* requested an interview with Brownlee on the CBD rebuild, relations with the CCC, preparations for the wind-down of Cera and his personal reflections on his role as Earthquake Recovery Minister. His private secretary replied that he was “unable to partake in this interview at this time”.

'INCREDIBLY LUCKY'

One senior business figure, who has worked closely with both Cera and the CCC, offered this diagnosis of the city's recovery: "Wrong organisational architecture, wrong minister, wrong council ... Elsewhere they separate the policy and regulatory decisions that need to be made from the rebuild decisions. The rebuild should have a commercial focus. But it didn't because they tried to keep it within the bureaucracy. I think Christchurch and the rest of New Zealand have no

concept of how bad the outcome is relative to what it should have been."

Others, such as Community Forum chair Darren Wright, take a much brighter view. "Christchurch has been incredibly lucky to have someone so high up in Cabinet," he says of Brownlee. He's not sure the CBD rebuild could have gone much faster than it has, given the scale of the damage and demolition. And don't forget how wrong those early predictions were that the economy would tank and the population would flee,

he says, thanks in part to inspired policies such as the Government's wage subsidy in the early weeks after the quake, which gave businesses breathing space to find somewhere to operate from and resume trading.

Back at the corner of Manchester and Hereford streets, Duval wraps up his commentary. "The decision was made early on that [the recovery] was to be a top-down approach ... But cities are owned by people and investors."

As we face a future in which ever-more frequent climate-related disasters will hit cities and towns, there is a thirst among recovery experts to learn from what has happened in Christchurch. How is our highly centralised, top-down model perceived?

Some things have been ideal, says Johnson. The city was well insured, and "you had a national government that cared". Powers were created that people working in recoveries would "dream of" to cut through red tape. "But it ended up being a rather blunt instrument as opposed to a sleek instrument – perhaps more because of personalities and the lack of collaboration across levels of government and with stakeholders, which in turn bred mistrust and suspicion. In all fairness, these things are common in large-scale recoveries because a vast number of complex decisions must be made within a compressed timeframe."

There is always tension between the needs for speed and for deliberation, she says. "Speed is important, and especially effective when you are largely returning things to pre-disaster form. But deliberation is essential when big changes are planned" – such as to the layout and form of the new city centre. With any such large-scale effort there is "a lot of risk and a lot of uncertainty". Central government took the lead by committing the city to a long list of ambitious anchor projects, requiring both substantial government and local government investment and the expectation that the private sector would "tip in". "That's why deliberation – and lots of it – both in planning and implementation, is so crucial," says Johnson.

In the end, recoveries are about communication, collaboration and capacity-building among those affected – the residents, businesses, investors, stakeholder groups and local authorities. Five years on, Johnson says Christchurch offers important lessons for disaster management elsewhere in New Zealand and around the world – but they are "cautionary" lessons. ■

Cracks in mental health

International research shows it usually takes 10 years for a population to recover from the psychological and social effects of a major disaster.

In Christchurch, researchers expect that recovery to take longer because of the large number of earthquakes and high number of "secondary stressors" such as unresolved insurance claims.

The All Right? programme was launched in 2013

by the Canterbury District Health Board and the Mental Health Foundation in recognition of the need for a long-term focus on the city's "psycho-social" recovery. The group runs annual surveys of well-being and the latest results are out on February 19.

Public health specialist Dr Lucy D'Aeth says they show the earthquakes are still having "a very real effect" on Canterburyans' mental health.

The survey of 800 people, done in October and November 2015, shows that those with unresolved insurance claims are significantly more affected than others. Of those who owned a property at the time of the September 2010 earthquake, over which they had lodged a claim, more than a quarter had still not settled with their insurer or EQC. Of those who had settled, 20% were dissatisfied with the outcome.

Those with unsettled claims were more likely to suffer mental health effects, with more than a third of these people saying their situation

was "getting them down", two-thirds feeling angry with decisions by the "powers that be", 42% reporting they were financially worse off than before the earthquakes, and almost half saying their life is "full of uncertainty".

But overall, three-quarters of respondents felt they had "moved on" from the effects of the earthquakes, although 42% still worry about another big

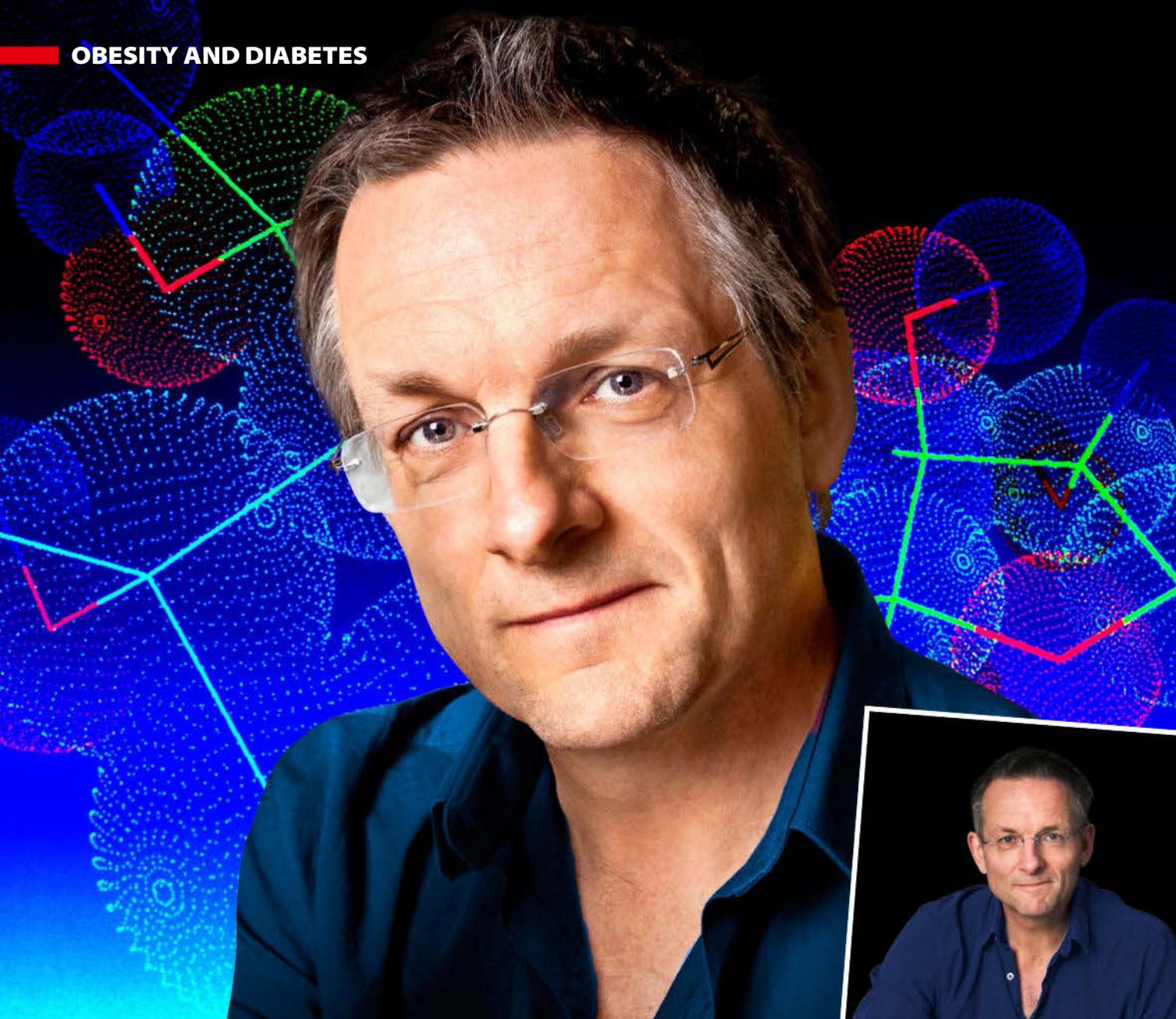
one. Two-thirds said they still grieved for "what we have lost of Christchurch", and 84% understood the amount of time it was taking to get things back to normal.

The survey found more than 90% felt grateful, happy and accepting of their situation, and 79%

felt "lucky", while 39% said they were stressed, 28% were anxious, 20% "overwhelmed" and 14% were "struggling to cope". Almost 40% were "distrustful of authorities".

D'Aeth says prolonged stress can become hard to bear. The All Right? campaign tries to get people to focus on the parts of their lives that they can control, and promotes the five ways to well-being guidelines developed by the UK Government based on international research into what is proven to lift mental health:

- Give (your time to helping others)
- Connect to others
- Keep learning
- Take notice of the good things in life
- Be active.



Beat the blood sugar

Dr Michael Mosley, the 5:2 diet creator, is busting more myths about weight loss. He's tackling type 2 diabetes – a global health crisis – and says rather than relying on drugs, the crash diet is the secret to restoring health. **by NICKY PELLEGRINO**



It came as a shock to Dr Michael Mosley when he was told his blood sugar measured in the diabetic range. The British author and broadcaster had visited his doctor with a minor skin complaint and while he was there had routine blood tests. To receive a call saying the results showed he needed to start taking medication for type 2 diabetes wasn't expected, particularly since Mosley, in his mid-fifties at the time, seemed reasonably fit.

"I had some dodgy bathroom scales that were under-reading but I reckon I weighed about 85kg so at 5ft 11in [1.80m] I was only mildly overweight," he says.

"I didn't look fat, but it turned out that I was a TOFI – thin on the outside and fat on the inside."

While making a documentary for the BBC, Mosley had an MRI scan that showed he was carrying the most dangerous weight of all – abdominal fat, lots of it, around his kidneys, liver and pancreas. Hence the bad-news blood tests.

"In retrospect I should have been more aware," he admits. "My father developed diabetes in his early fifties and went on to have complications such as heart failure and dementia. He died at 74 and at his funeral his friends all said how like him I was, but I still didn't make the connection or think to have my blood sugar tested."

"Doctors are taught about human anatomy and how to dispense drugs. But this is a lifestyle catastrophe and drugs are not the answer."

Mosley didn't follow his GP's advice to take medication. Instead he lost 8kg on a programme of intermittent fasting – a technique he later successfully marketed as the 5:2 diet or the Fast Diet, and his blood-sugar level improved as a result. That was four years ago and it has held steady since.

Intrigued, he wondered why the medical community wasn't discussing this and started looking around to see if anyone was doing research on the subject. He came across Roy Taylor, professor of medicine and metabolism at Newcastle University. Taylor's work now forms the foundation of Mosley's latest book, *The 8-Week Blood Sugar Diet*, in which he courts controversy with his claim that the best way to reverse or prevent type 2 diabetes is with rapid weight loss achieved through a very low-calorie way of eating – essentially a crash diet.

"I was astonished too," he says. "It flew in the face of everything I'd been told." He is aware crash diets are much maligned and that accepted weight-loss wisdom is slow and steady is best. Nevertheless, he





Take the test

Are you at risk of type 2 diabetes?

1. Do you have a diabetic parent or sibling? **1 point**
2. Are you being treated for hypertension? **1 point**
3. Are you from a non-white ethnic background? **1 point**
4. Are you aged 50 to 59? **1 point**
5. Are you over 60? **2 points**
6. Is your waist more than 89cm but less than 107cm? **1 point**
7. Is your waist more than 107cm? (Measure your waist around the belly button, not your trouser size) **2 points**
8. Is your Body Mass Index 25-30? **1 point**
9. Is your BMI 31-35? **2 points**
10. Is your BMI more than 35? **3 points**

(For your BMI score see tinyurl.com/heartfoundationBMI, which will calculate it for you.)

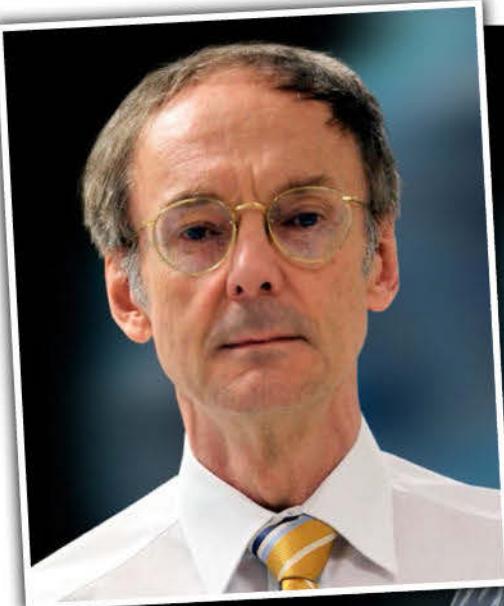
ADD UP YOUR TOTAL SCORE

Less than 3 points: You have a low risk of becoming type 2 diabetic in the next 10 years.

3-5 points: You have a moderate risk of becoming diabetic and as you get older this risk will increase. Check your blood sugars and consider making lifestyle changes so you can reduce your risk.

More than 5 points: You are at high risk of becoming diabetic. You should definitely have your blood sugars tested and aim for lifestyle changes, such as significant weight loss and increased activity.

* From *The 8-Week Blood Sugar Diet*, (Simon & Schuster)



Professor Roy Taylor, above, and Professor Mike Lean, right, have been awarded the biggest grant in Diabetes UK history, to compare the long-term effects of the new approach to weight management to current diabetes care practice. The study will run until October 2018.



is convinced that an 800-calorie a day diet for up to eight weeks is a far better solution to the global diabetes epidemic than any medication.

And type 2 diabetes is an epidemic – there is no controversy about that. The Ministry of Health reports it is New Zealand's largest and fastest-growing health issue. More than 250,000 New Zealanders have diabetes and a quarter of the population is estimated to be in the pre-diabetic stage, although many aren't aware of it.

Once dubbed adult-onset diabetes, type 2 is now being seen in children, particularly in Maori and Pasifika families.

The conventional advice to sufferers is that they will always have the disease and it can be controlled by diet initially, then medication, and that it may eventually require insulin injections.

"They may as well put up a sign that says, 'abandon hope all ye who enter here,'" says Mosley. "People with diabetes are told they're doomed. It makes me sad and slightly angry."

PERSONAL FAT THRESHOLD

Mosley wants to transform that way of thinking and offer hope of remission. He points to the science that inspired Taylor's

work, which showed that obese people with diabetes who had bariatric (gastric bypass) surgery had their blood-sugar levels return to normal within days, with many able to come off their medication.

To see if he could replicate these results, Taylor ran a small clinical trial involving 11 people who'd had type 2 diabetes for up to four years. He mimicked the reduction

"We're told people want a pill. That's based on the belief they won't want to diet and that they are weak and greedy. I think that's mistaken."

of calorie intake that occurs after bariatric surgery by putting them on an extreme diet of 600 calories a day of liquid meal replacements and 200 calories of non-starchy vegetables for two months.

He chose motivated participants and gave them lots of support. All lost weight; and all reversed their diabetes. Three months later, seven remained free of it.

Taylor's theory is that every individual has

a personal fat threshold. In some people this is set high and in others surprisingly low. Once we cross it, the fat spills over and starts filling up the liver and pancreas.

"Then you're in trouble," says Mosley, "because the pancreas is no longer able to produce insulin."

Insulin is what keeps blood-glucose levels in the normal range. Taylor's thinking is that a low-calorie diet removes the fat clogging the pancreas and allows normal insulin secretion to be restored. He is not just shooting this stuff off the top of his head. Specialised MRI scans of the participants in his trial revealed fat levels in the pancreas had gone from elevated to normal (from about 8% to 6%).

Diabetes UK has now awarded the largest research grant – more than £2.4 million (\$5.2 million) – in its 80-year history to Taylor and Professor Mike Lean at the University of Glasgow, to compare the long-term effects of this new approach to weight management with current diabetes care practice.

The study will run until October 2018, and although Mosley concedes it is still early days, he believes we can't afford to sit around waiting for the results because the longer an individual is diabetic the less likely it is that weight loss will lead to reversal.

VERY LOW-CALORIE DIET

In truth, it doesn't matter how you drain fat from your organs – a gradual approach will get you there in the end so long as you stick to it. The trouble is, we don't seem to be able to and, despite years of listening to the slow-and-steady advice, we are getting fatter.

"I'm proposing a solution that is science-based but radically different," says Mosley, "and a lot of what I'm saying is not all that controversial, even if it sounds like that."

There is other compelling evidence to back what Mosley calls the VLCD (very low-calorie diet). A 2013 review published in the *New England Journal of Medicine*, written by leading US obesity experts and entitled "Myths, Presumptions and Facts About Obesity", reported that within weight-loss trials, more rapid and greater initial weight loss has been associated with lower body weight at the end of long-term follow-up. A 2014 study from the University of Melbourne affirms this. Researchers randomly assigned 200 obese adults to either a 12-week rapid weight-loss programme on a diet of fewer than 800 calories a day or to a 36-week gradual weight-loss programme where

Fixing Dad

Brothers Anthony and Ian Whittington (Ian is at left in the top photo) with their diabetic father Geoff who is profiled in Michael Mosley's *The 8-Week Blood Sugar Diet*. Geoff has starred in a documentary *Fixing Dad*, made by film-maker Ian. Geoff's secret consumption of takeaways led to type 2 diabetes and 11 years after his diagnosis his ulcerated foot was in danger of amputation, he had neuropathy and was becoming reclusive. "The father we knew had disappeared in a fog of depression, embarrassment, lack of confidence and pain," says Anthony. Geoff's sons researched the evidence on rapid weight loss for diabetics and put him on a low-calorie diet and asked him to take a photo of every meal on his phone. Exercise and weight loss (38kg) turned their father's life around and reversed his diabetes. "He is totally different now," says Anthony. "He has self-belief. The man who spent the last decade at home, now goes into companies and tells staff how to fix themselves." (*Fixing Dad* is available as pay per view on Vimeo.)



their normal daily intake was cut by 500 calories.

Nearly 81% of the rapid dieters lost 12.5% of their body weight compared to 50% of thegraduals. And the dropout rate was lower in those who saw fast results. Participants were followed for another three years and although many did regain weight, the amounts were similar for both groups.

"Rapid weight loss has an awful reputation because of things done in the US," concedes Mosley. He references one of the more notorious programmes, the Last Chance Diet promoted in the 1970s by an osteopath called Robert Linn who advocated losing fat fast using his high-protein drink, Prolinn. There were reports of a number of sudden deaths and it seemed the diet was causing malnutrition.

OBSSESSED WITH FAT

Mosley says it is possible to cut calories right down and still be adequately nourished, and he is adding his voice to those calling for a rethink on the recommended balance of fat and carbohydrates in our diets.

The advice to go low-fat stems from the work of a US physiologist, Ancel Keys, in the 1950s, which was then promoted by the American Heart Association, which advocated plenty of carbs instead. By the 1980s this way of eating had really taken hold.

"At the same time there was an explosion in obesity," says Mosley. "That is striking. It surely can't be a coincidence. As any farmer knows, to fatten livestock you give them a lot of carbs. In retrospect it was insane but it continues to be pushed."

"I still hear dietitians banging on about low-fat diets. I find it completely astonishing. The wider message of my book is that we've ignored one of the most powerful predictors of health. We've become obsessed with fat and ignored the dangers posed by sugary carbs. People are beginning to recognise this but extraordinarily slowly given the data."

Easily digestible, starchy carbs such as bread, pasta and potatoes rapidly turn into sugar when they enter the body. One way of tracking how fast a food will spike blood sugar is to check its Glycaemic Index.

Mosley advocates a simpler approach, cutting out these refined carbs altogether and replacing them with beans, lentils,

chickpeas, quinoa and buckwheat, combined with lots of vegetables, the less-sweet fruits, quality proteins and fats from olive oil, nuts, yoghurt, butter, cheese and coco-

"As any farmer knows, to fatten livestock you give them a lot of carbs. In retrospect it was insane but it continues to be pushed."

nut. He dubs this the M-Plan, since mostly it is a low-carb version of the traditional Mediterranean diet. The recipes in the back of his book, courtesy of dietitian and nutritionist Sarah Schenker, include on-trend carb replacements such as cauliflower rice and spiralised zucchini noodles.

So what of the 5:2 diet and intermittent fasting that until now have been the approach Mosley has energetically recommended? He hasn't abandoned that and sees it as a gentler option for diabetics and pre-diabetics who struggle with a very low-calorie diet.

"You won't lose weight as fast as you would if you stuck to 800 calories a day but it can be more effective than conventional dieting."



Michael Mosley with journalist Mimi Spencer, with whom he wrote the best-selling *The Fast Diet*.

The Newcastle study used meal replacement drinks, but Mosley says it is preferable to stick to real food and to continue with this style of eating once out of the rapid weight-loss phase (Taylor advises consuming two-thirds of what you used to eat, whether or not you are exercising more).

There are some forms of diabetes that a very low-calorie diet won't influence. Anyone who is frail, has a low BMI or a history of eating disorders shouldn't embark on one. Checking with a doctor is advised if you are on medication for blood pressure, or on warfarin, insulin, diabetic medication other than metformin, are pregnant, breastfeeding or have a significant medical condition. Otherwise, says Mosley, don't hold back. Even if you are still in the pre-diabetic range there is evidence from a trial from the National Institutes of Health in the US that losing a small amount of weight can sharply reduce the chances of developing diabetes. Metformin, the most commonly prescribed drug, was also effective, but markedly less so, particularly in people aged 45 and older.

LIFESTYLE SOLUTION

Mosley is critical of doctors who choose to write a prescription rather than give dietary or exercise advice even though there is overwhelming proof of the importance of lifestyle.

"Doctors go into the job because they want to make people better, they just don't know how to do it," he says. "They get no dietary training. When I was at medical school we received none and my son, who is there now, receives none."

"They are taught about human anatomy and how to dispense drugs. But this is a lifestyle catastrophe and drugs are not the answer."

Even with medication, diabetes can wipe years off your life. Metformin has limited benefits and may not reduce the risks of heart attack or improve life expectancy, according to a 2011 French paper published in the *British Medical Journal*.

"We're told people want a pill," says Mosley. "That's based on the belief they won't want to do it [diet], that they are

weak and greedy. I think that's mistaken. But if they don't know how serious it is, if they aren't presented with the information that will help them to change ..."

Among the case histories in his new book is that of the Whitington brothers whose father Geoff had fallen into diabetes-related depression and was facing the prospect of foot amputation. Ian Whitington is a film-maker and he told his father he wanted to include him in a documentary about diabetes. The result, called *Fixing Dad*, shows how rapid weight loss turned Geoff's life and health around.

For Mosley, there is a lot of personal sadness attached to this success story.

"If I'd known what I know now I could have saved my own father. I gave him the wrong advice, which was what everyone was saying at the time. It was a horrible mistake. He could have seen his grandchildren grow up and been spared a lot of suffering. I say this with the wisdom of hindsight; possibly he wouldn't have listened."

Mosley is hoping people will listen. His GP wife Clare certainly has. "She has started putting a lot of the things I talk about into practice," he says. "Initially, her colleagues were sceptical but they've seen huge benefits."

As he knows from personal experience, not

He is convinced that an 800-calorie a day diet for up to eight weeks is a far better solution to the global diabetes epidemic than any medication.

everyone heading into the diabetic range is going to seem obviously overweight, so he suggests regular blood-sugar testing.

"One of the best predictors of future health is your fasting-glucose level," he points out. "It's a more powerful predictor than cholesterol is. Yet it's cholesterol we are all told to worry about."

Mosley, who will be in New Zealand in March to talk about his latest work, is passionate about his message that a very low-calorie diet combined with exercise is a quick-fix for a global public-health crisis.

"I want this to be a revolution," he says. ■

Kerre McIvor interviews Dr Michael Mosley at Diocesan School for Girls in Auckland on Monday, March 7 at 6pm. Tickets: eventfinda.co.nz; Mosley also appears in *Trust Me I'm a Doctor*, Choice TV, Thursday, March 3 at 9.30pm.

Carbs v low fat

- In Italy, pizza, pasta and rice may be on the menu frequently but starchy, easily digested carbs don't form a part of the Med-style diet that Mosley recommends for diabetes prevention. They are to be avoided – along with sugary treats, commercial breakfast cereals and too many sweet tropical fruits such as mango, pineapple and banana.
- Instead, lots of vegetables, high-quality proteins, olive oil, nuts, seeds, eggs, full-fat yoghurt, beans, lentils, quinoa and buckwheat are the stars.
- The evidence in favour of this way of eating includes the PrediMed (Prevention with Mediterranean Diet) study. Spanish researchers allocated 7400 people to a Mediterranean diet or a low-fat diet. Those eating low-fat were encouraged to consume lots of starchy carbs. The Mediterranean eaters were allowed nuts, olive oil, dark chocolate and even the odd glass of red wine with their evening meal.
- The results showed that the Mediterranean eaters were 30% less likely to die of a heart attack or stroke and the diet had a favourable effect on other health problems including insulin resistance. Subsequent studies have suggested this sort of diet can also reduce the risk of breast cancer and cognitive decline.



Sharing the cake

After decades in a deprived parish, retiring vicar Mark Beale is calling for action on the wealth gap.

by DONNA CHISHOLM •
photos by VICTOR CARTER

The first knock on the church office door comes 30 minutes into the interview. The next before the hour is out. The first is a problem that needs solving, the second a family that needs feeding. They say the Lord provides, but for the lost souls of South Auckland's Clendon, His name is Mark Beale.

It's been this way for nearly 30 years, since Beale was sent to plant a church and vicarage in place of the cowshed and the weeds in a muddy paddock on the brow of a hill in Finlayson Ave. He held the first service there in August 1988 for a congregation of nine. Five of them – his wife Barbara and their four children – had the surname Beale. Up to 250 turn up each Sunday these days.

But a new vicar, Glenn Paddison, is taking

over at St Elizabeth's Anglican Church, ministering to one of the country's poorest parishes. About 40% of the 10,000-odd people who live here are on a benefit; around a third of those are on the dole. A quarter of the households are solo parent families, and on the New Zealand Deprivation Index, which measures socio-economic status, Clendon scores a 10 – the maximum. Handing out food parcels is one of the church's biggest tasks.

At 65, Beale says it's time someone younger took over this flock. He hasn't stopped caring and his passion is undimmed, but you get the feeling he's beyond tired. "I don't lose hope, but you can become worn out to the point where you know you have to quit."

Later, he qualifies that, saying he doesn't feel burnt out, just that he doesn't have the capacity he once did to do the job.



Mark Beale: "My responsibility is to give people an opportunity. Whether they take it or not is up to them."

'She really struggles'

The retired vicar is helping a convicted murderer to get parole.

Mark Beale has mentored high-profile teen murderer Natalie Fenton in prison for the past nine years and says she is a different person to the 15-year-old who took part in the frenzied fatal stabbing of Raymond Mullins in South Auckland in 1999.

Mullins was stabbed 119 times during the attack by Fenton, her sister Katrina, 19, and cousin Daniella Bowman, 18. Fenton said Mullins had paid her for sex and given her cannabis. The attack happened after he refused the trio cash to travel north for a 21st birthday party. Fenton, now 32, will be freed in April after the Parole Board found she had made positive progress and had no behavioural problems.

Beale says a claim on television on February 11 by Mullins' daughter Leigh-Anne that Fenton had no remorse "just isn't true and it isn't fair. She has cried on my shoulder with remorse. She was 15, she committed a horrendous crime, there's no doubt about that, and she acknowledges that."

When he met her, says Beale, she was "a pretty bolshie young woman", but he says he has seen her change through the years. "There are two main reasons. One is that she has come to a Christian faith, which has turned her perception of the world and her relationship with it upside down. The other is just a lot of learning that happens inside you between the ages of 15 and 32.

"You can't judge a 15-year-old at 32. She was a different person. A young

girl who was wild on the streets, from a wild family who were out of control and dysfunctional. Now she's a woman who has lived in semi-solitude for 16 years."

He is convinced there is "real remorse there" and he was shattered to hear Mullins' daughter say there was none. "It's setting her up to fail." A quest for revenge doesn't help anyone, he says, because it means victims and families can't let go of the past.

Fenton has several times partly sabotaged her parole chances "by saying and doing silly things" because she is scared to be released. "She did and she didn't want to be released and she's still in that place – she's frightened. You're 15 when you go to jail, look how much the world has changed. She wouldn't have any idea how to use a cellphone and she wouldn't know how to use a computer – all the sorts of things her contemporaries will be doing.

"She struggles, the poor girl. She's just so ambivalent about coming out – she knows everybody is going to be in her face."

Beale was taking a bible class with Fenton in Wiri prison on February 11 hours after news broke that she would be paroled. "She sat next to me and I read out a passage that said, 'The good work that has begun in you will be completed.' I put my hand on her shoulder and said, 'This is for you, too.' She was quite tearful."

Fenton's sister Katrina was released in 2012 and is doing "really well". "She's hopeful for her sister that the same pathway will be there for her."



Natalie Fenton:
scared to be
released.

"She has cried on my shoulder with remorse. She was 15, she committed a horrendous crime and she acknowledges that."

He reckons he's seen it all during his time here. They've had a tinny house next door and one across the road. He's had his car bricked and egged after turning down a family who wanted a food parcel – they'd been selling them on – and stepped in to protect a child from assault. He's spoken up for South Auckland during a spate of five murders in 2008, one of them a few hundred metres from the church.

Like many others, he's been burgled. Unlike them, it didn't really bother him.

"They said, 'We have to do a victim impact report. Has this traumatised you?' I said, 'I've lived here 20-odd years, there's nothing I haven't experienced.' Maybe that's one of the dangers, even for me. I've become immune to a certain extent."

He's never been beaten up, but says he's been "threatened big time".

"One time gang members were stealing the church fence and I confronted them. They were going to beat me up."

He looked one in the eye and said, "I wouldn't do that if I were you."

"Why not?" the gang member said. Because, Beale replied, "God will go 'Pfft! And that's you gone."

The guy went white as a sheet, he says.

time". They were always scheduled around 3pm, which for the all-volunteer trust board, meant sacrificing time in their day jobs. Beale told the council that any meetings would have to be at 6pm. Suddenly, the "urgent" meetings were no longer required.

Then there's Work and Income, which regularly sends beneficiaries to the church for a food parcel, sometimes with no warning.

you do and damned if you don't. If I don't help them, I feel bad. If I do and I know they're ripping me off, I feel less bad."

'ARDENT ATHEIST'

Beale grew up a Catholic. His mother, the daughter of noted jazz drummer Harry Robbins, was raised in a convent in France before meeting his father, an army major and



"They jumped in a car and drove off."

The day we meet, he's wondering how to permanently replace the toll-barred phone he installed in the church for community use. Someone has walked off with it. Again.

But those incidents are not what Beale will take away from his time in Clendon. The memories will be of good people and souls saved. His departing message, though, is one for the authorities: stop abusing the love and care of volunteers in the community.

"There is volunteer burnout, and it's a real danger. What concerns me is our Government and our councils don't understand that. They need a higher level of respect for people giving freely of their own time. They are so used to being in a culture of being employed, they've lost touch with it."

There are plenty of examples. When he formed the Manukau Beautification Trust a decade ago to remove graffiti and spruce up the rail corridor, the then Manukau City Council "wanted meetings about it all the

"They send them down there with this idea in their head that Winz has planted, and they'll use this language, for their food 'entitlement'. And this is a voluntary organisation where the food comes from people in the congregation." Deciding who should and shouldn't get food parcels has been one of the hardest parts of the job.

Early on Christmas Day, 1984, Barbara discovered Samuel, one of the twins, motionless in his crib.

Barbara Beale had to step back from it after 10 years because it caused her too much anguish. "I was just getting so cynical about people and I don't want to be like that. I don't like judging people and that's what you have to do. Often you feel people aren't really genuine but you're damned if

graduate of Sandhurst military college, in London. The family of five emigrated to New Zealand in 1956 and a further six children were born here.

"My father felt New Zealand was the best place in the world to raise children." It isn't as child-friendly now, Beale says.

At 16, he left the Christian faith and was, for a time, "an ardent atheist".

"Intellectually, I couldn't assent any more to the concept of divinity."

He became student union president at North Shore Teachers' College and began the political activism that would shape his life over the following decades: marching against the Vietnam War, sailing in the protest flotilla against the US nuclear submarine the Pintado in 1978 and joining the thousands protesting against the Springbok tour in 1981.

He had what he calls his epiphany at 19. "I was looking at a world I didn't think was very charitable and caring, and came to

the conclusion that sacrificial love couldn't be purely human – it had to have a divine intervention."

He spent six months at the University of Auckland studying comparative religions, and read a "cartoony type" booklet which ended with a prayer and a challenge about committing your life to Christ. "I thought, 'What is there to lose?' If I pray a prayer

you are going. The inspector of schools tore strips off me and said I'd have to leave teaching. I said I'd far rather leave teaching with integrity than carry on teaching without it."

Beale left – reluctantly but voluntarily – for theological training in his early twenties. By age 34, he was the father of five, including newborn twins, and heading a parish in Te Atatu, in Auckland's west.

preached his best-ever sermon the night before. "It came back to bite me." He'd talked about former United Nations Secretary-General Dag Hammarskjöld's spiritual diary, *Markings*, which contained the line: "For all that has been, I give thanks. For all that shall be, I say yes." "And the next morning I'm faced with the death of a son ... for all that shall be, I say yes."



asking Jesus to come into my life and transform it and nothing happens, I've lost one minute of my life, big deal. But if it changes something, isn't that amazing?"

Beale says when he prayed, "The whole room lit up." He spoke in tongues. He couldn't understand it or rationalise it. "Spirituality can sometimes go beyond the cognitive."

Within the year, he'd met Barbara, a fellow teachers' college student, on a blind date. They were engaged six weeks later, despite him looking so young he put mascara on his sparse moustache to disguise his age.

When he qualified as a teacher, he opted to work at an intermediate school in South Auckland, where he fought against the restrictive grading system. "Kids were graded 1-5, with the 1s and 2s the high achievers. I wasn't allowed to give any 1s and 2s. I said that success in life wasn't comparative to another's success, that it's actually related to where you have come from and where

Early on Christmas Day, 1984, Barbara discovered Samuel, one of the twins, motionless in his crib. The vicar revived his son, who was taken by ambulance to hospital, but returned to church to give the 8am sermon. Samuel died in his father's arms two days later.

Despite the loss and the particular agony

"We have created a social welfare dependency and you can't suddenly turn the tap off."

of its timing, the Beales did not question their faith.

"Rain and sunshine fall on good and bad alike. God is not a tooth fairy that you manipulate to give you what you want in life," he says.

It was ironic, he says, that he felt he'd

CALLED TO CLENDON

Their youngest child was a toddler and the oldest 11 when the call-up to Clendon came, and they exchanged their comfortable two-storey vicarage for a Lockwood unit not yet hooked up to the electricity supply in mid-winter 1988. A goat called Candy kept the scrub down.

The church had wanted to build a vicarage to its usual opulent standards – four bedrooms, a study, an entrance way, two toilets – but Beale refused to let that happen.

"I envisaged this big castle sitting in the middle of these little low-cost homes and I thought, 'Man, what message does that give?' I didn't want to be part of that."

Advised by colleagues to enrol the children at schools out of the area, the Beales refused to send that message, either.

"I thought, no, if we are going to minister to this community and be legitimate, we have to live the lifestyle. The kids have to go to local schools and do everything as part of

this community. Otherwise you are saying, 'We'll come here and serve you but you're not good enough for us.'

Beale never worried about the quality of the local schools. "That's nothing to do with it – education is about the quality in the home, not the schools."

The early days of his tenure coincided with the 1990 return to power of the National Government, which, with Ruth Richardson at the financial helm, picked up where "Rogernomics" had left off and introduced, among other things, market rents for state houses

The consequences for Clendon were rapid and brutal. "This community was turned on its head. It was just completely ruined."

In those days, half the community were living in rented homes; the rest were young, lower socio-economic people struggling to own their first home. "When they brought in market rentals, it suddenly gave properties an inflated value, so all these young people were talked into selling their properties. They paid \$60,000-70,000 and were getting \$150,000-160,000. They were all being bought by investors – they could charge a high rent because they were getting the accommodation supplement. The whole thing was crazy."

At the time, Beale was chairing the board of trustees at the local primary school. The once-stable roll began to churn, with at one stage a third of pupils leaving every term. "The community became unbelievably transient. The landlords didn't care, as long as they got their money, and the tenants lost confidence because they didn't believe in their home either."

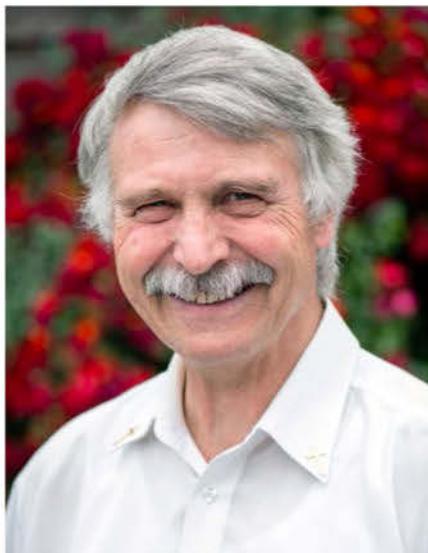
"The whole place went down. You just saw it physically. The houses were deteriorating, the grounds were deteriorating, the streets were getting scruffy and the people were getting despondent."

Beale established the St Elizabeth's Community Housing Trust to find a different solution. Working with companies, supporters and eventually the banks, he bought six sections next to the church and built low-cost, low-maintenance brick and tile homes with low-rate loans. "The impact was immense." The homes set a style and tone for the surrounding area and provided a stable base of owner-occupiers, some of whom are still living there.

Helen Clark launched Labour's housing policy there in 1999. "They said this was the future. Helen was really impressed with what we were doing."

They tried to make it work and a few community renewal projects took off, he says, but like so many good ideas, ultimately it fizzled.

"The other shift that occurred, which I think is really sad, is the whole mentality of New Zealand changed – and it was pushed



"The mentality changed to 'what is my house worth', not 'is this a great place to live in, to bring up my kids in.'"

by all governments over a period of time – so that homes were seen as investments. It was all about 'what is my house worth', not 'is this a great place to live in, to bring up my kids in, to have roots?'

GREED IS NOT GOOD

Today, he says, the wealth gap is the most destructive force in New Zealand society. "I think greed has become a driving force, and property is the driving force of greed. The greed has created selfishness. It's hurtful to the people in these communities living in rentals who will never be able to own their own property."

He's aware of the criticisms of those people, and the mantra that everyone should be able to make good in New Zealand if they work hard enough. "I think this was true up to the 1980s but I don't think it is true any more. We have a real dilemma in New Zealand and I don't know what the answer is.

"We have created a social welfare

dependency and you can't suddenly turn the tap off because that just destroys all sorts of people and things. You can't suddenly say everybody has to get a job when you have 5.3% unemployed. That's not fair."

But he says railing against inequality, injustice and poverty will only get you so far. "There is a more important picture of the individual. What we've got to do is fight for each one."

Beale has always been one to spread his message in entrepreneurial ways. In that grim and murderous winter of 2008, to prove things weren't all that bleak in South Auckland, he organised the Manukau Big Soup, a then world record-breaking 25,000-litre vegetable soup cook-up at Lion Breweries, which fed 12,000 people.

Last year, he spent \$10,000 publishing a book of poetry written by one of the women's prison inmates at Wiri and found jobs at the beautification trust for others.

Beale and a team of helpers have been regular visitors at the prison since it opened in 2006, providing church services and guidance to some of the nearly 400 inmates. It's one of his biggest passions.

In his retirement, he wants to spend more time with both male and female prisoners and hopes to set up a community-based hub to support them if they feel themselves going off the rails again.

"They need a place that is free and not part of prison or Corrections. If you start confessing to them you're about to fall, you're immediately handcuffed and walked away."

He's used to people letting him down, he says, but he focuses on those who succeed. "My responsibility is to give people an opportunity. Whether they take it or not is up to them."

The next year may at last bring time to reflect, and to rest. "The cost to Barbara of living in a vicarage here has been huge. It's a very demanding house; people come constantly. We haven't got a private life. And we need a bit of privacy to recover. To recover from all that life has been. We can't go 24/7 any more, we aren't young enough."

But he leaves with an enduring sadness that we now have a society where individuals have to fight for leisure time, where zero-hours contracts see some of his parishioners struggle to pay their power bills and where we care mainly about ourselves rather than others.

"We don't share the cake any more – we're all scrambling to get a bigger part of it. We don't live in a very kind world." ■



Judith Hanratty's Upper Hutt home has a golf course for a backyard; below, a 1972 caricature of Hanratty as a barrister.

'I want a balanced life'

Former golf champ and lawyer Judith Hanratty has strong connections with home and a soft spot for China.

by CLARE DE LORE • photographs by HAGEN HOPKINS



A pair of tiny, delicately embroidered silk boots and a set of ivory buttons from China are among Judith Hanratty's most treasured possessions. Born and raised in New Zealand, she worked in law here before moving to London where she rose through BP's executive ranks to become company secretary during some of the British multinational's most testing times.

These days, London-based Hanratty, who developed a formidable reputation before retiring from BP in 2004, chairs the Commonwealth Education Trust and is a non-executive director of England Golf. She also enjoys a six-week annual respite at her second home, which overlooks the manicured greens of the Royal Wellington Golf Club in Heretaunga, Upper Hutt. A former New Zealand

Zealand connection. There's a book called *An Official Guide to Eastern Asia: China* (1915). So I can tell you almost anything about that time. I have dipped in and out of it; it's a very scholarly book, very detailed, with maps and the like. And there's a pair of boots belonging to a Chinese woman with bound feet, from about 1913. Unbelievable, isn't it?

My mother was an only child and she went with my grandparents. She learnt

streams of emails and feel obliged to answer them. One is also incentivised by the location. I want a balanced life, which means getting out and hitting a golf ball as often as I can. I've been a member of the Heretaunga club for more than 50 years.

When you're not on the golf course, is there time to enjoy your library?

The London house has too many books

"I liken coming back to New Zealand to putting on a comfortable old overcoat."

women's golf champion, still with a single-digit handicap, Hanratty plays as often as she can.

Her connection with China is through her grandparents, who lived there from 1913 to 1920. She has many books and treasures in London and New Zealand, but her favourites are those with links to her mother and grandparents.

What does your family's Chinese connection mean to you?

It is interesting to think that one is only a generation away from someone who was in China during World War I. When I was a child and wanted to amuse myself, I would delve into my grandmother's box room and find trunks of photos from those days.

Is that where the Chinese collection came from?

Yes. My grandfather was in the silk and wool trade. The wool was the New



Mandarin and Cantonese and when I was a child, back here in Wellington, my mother would speak to the greengrocer in Cantonese. We got very good vegetables, well trimmed up.

Is there time to catch up on your reading when you're in New Zealand?

I'd like to do some reflective stuff while I'm here, but the problem is that people in London think you are there to service their next day. I try to give myself laptop-free days or I get up each day to huge

and I'm thinking of shipping some here. There is a room upstairs here and I have a large collection of New Zealand books that my grandfather's niece in England collected. She harboured a love of New Zealand and would go down to the old Whitcoulls in London and buy all these books. She never got around to coming here, but she had all the books and, when she died, I ended up with them. I thought I'd better bring them home. They were written in the 40s and 50s mostly, so are quite an historic record of New Zealand.

Do you prefer fiction or non-fiction?

I am agnostic. Because I had to do a deep dive into the origins of the whole wretched Commonwealth Imperial Institute, I got into the biographies of various members of Queen Victoria's family and found it fascinating.

I will often read two or three books at the same time. I might have a light novel by Penny Vincenzi, a biography from some period I am thinking about and

It's the easiest thing to take on a plane, but I prefer a hard book.

When you're here, what do you miss about London?

It is a great pity there isn't a single national newspaper of the quality of one of the broadsheets in the UK. I wonder that there is not a market for reflective, thoughtful reporting on current events rather than simply telling me

Interiors, even if I haven't absorbed much of it.

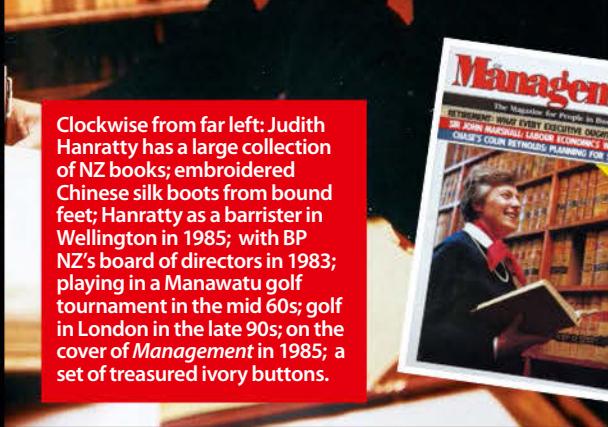
Does New Zealand still feel like home?

I grew up in Wellington and the Hutt Valley and partly on the Kapiti Coast. I went to university here, practised law and so on.

Life here is incredibly slow compared with London. It's what I come for. If I wanted a faster life, I'd go to New York or



Clockwise from far left: Judith Hanratty has a large collection of NZ books; embroidered Chinese silk boots from bound feet; Hanratty as a barrister in Wellington in 1985; with BP NZ's board of directors in 1983; playing in a Manawatu golf tournament in the mid 60s; golf in London in the late 90s; on the cover of *Management* in 1985; a set of treasured ivory buttons.



some other non-fiction such as *The Debs of Bletchley Park* [by Michael Smith]. It is a good read, about the girls who were recruited into codebreaking activities during World War II. It was a very British thing to pick up the phone to your friend, who might be, say, the chief of defence staff, and say, "Miranda is looking for something to do in the war, have you got anything for her?" There was a lot of that. They targeted those girls because there was a sense of knowing and trusting them. All these books are on my Kindle.

that some disaster has happened. I have the *Times* on my iPad. I also read the *Economist* and the *Spectator* and sometimes *Investors Chronicle*. I also love the *World of*

"My mother would speak to the greengrocer in Cantonese. We got very good vegetables, well trimmed up."

Paris. I come here for people I know, for fresh air, greenery, the general ambience of the place, the caring nature of our society, just the fact that people will take the time to say good afternoon to you.

I can walk in under five minutes to the Kings Rd in London and most days there will be a phalanx of people three wide, unstoppable. I can go to Lambton Quay and have trouble spotting anyone. It's carefree here. I liken coming back to New Zealand to putting on a comfortable old overcoat – it's easy and it envelops one. ■

This Life



HEALTH

by Nicky Pellegrino



Breathe easier

Stress and its effects on the nervous system could be responsible for asthma in some people, which means more effective treatments may not be far away.

Asthma used to be considered a single disease. But it is now recognised that there are different types of asthma, although all have the same symptoms: wheezing, tightness in the chest and breathing difficulties.

When Massey University's Jeroen Douwes emigrated from the Netherlands, he was surprised by this country's high asthma rates – the second highest prevalence in the world, with half a million people needing medication to control the condition. Over the past 23 years, asthma has been the epidemiologist's

PSYCHOLOGY

What's in the minds of people who refuse to take their medicine?

43

**FOOD**

Under-rated aubergines become delicious meals with the right recipes

46

**SPORT**

The most famous cricketing example of swansong distraction

49



area of interest and his latest work challenges the notion that asthma is always an inflammatory disease. This could explain why some sufferers find steroid inhalers ineffective.

In the recent study, asthmatic and non-asthmatic teenagers inhaled a saline solution, then produced sputum that was lab-tested for a variety of inflammatory markers. Of the 77 asthmatics tested, at least half showed no sign of airway inflammation.

"We were surprised that there wasn't a lot of difference from the non-asthmatics," says Douwes.

And these weren't mild cases. The severity of the teens' symptoms and their lung function were the same as for the asthmatics who tested positive for inflammation. So, something else was going on.

"It's a complicated disease and it's incredibly difficult to find out why people get sick," says Douwes. "Previous advice was to avoid allergens such as dust mites, but in the past decade more studies have shown that even if you reduce allergen exposure, it doesn't necessarily reduce asthma, so it may not be the primary cause."

In fact, research involving children growing up on farms shows they are less likely to be allergic or asthmatic than the average child, despite having more exposure to allergens.

Genetics can't explain the problem, either. Asthma rates have doubled, even tripled in some cases over the past few decades – when such a steep rise over such a short time wouldn't be expected in a hereditary condition.

Douwes believes some asthma may be linked to the nervous system.

"The airways have a large neural network," he says. "And for the muscles to contract and the airways to narrow, you need a neural response. Previously, we thought that was caused by inflammation. We

are now hypothesising that the neural pathways may be more sensitive in some people and certain exposures and environments may cause them to get twitchy, so they develop the classic asthma symptoms of coughing and wheezing."

From the time of Hippocrates until the 1950s, asthma was viewed as a neurological condition – referred to as "asthma nervosum" – with emotional stress assumed to be the underlying cause. With the focus on inflammation, this idea was discounted, but the evidence is mounting that there may be a link. For instance, in a study of mothers who were exposed to stressful events during pregnancy, their babies were shown to be more likely to develop asthma and allergies.

"Many societies are getting more stressful and children are more stressed."

"Stress has an effect on the nervous system," says Douwes. "Many societies are getting more stressful and children are more stressed than they have been in the past, so it's a possible trigger."

Asthma is especially common in English-speaking countries, and poor communities and Maori and Pasifika populations in New Zealand are the hardest hit.

"The question is whether the current medication is sufficient for some of these asthma patients," says Douwes. "It's designed to reduce inflammation, so does it benefit them? The reliever will still work, but the maintenance – steroids – might not be effective. Other medication may be beneficial."

He stresses that at this stage all sufferers should continue to use their medication as prescribed. It's a time-consuming and specialist job to measure airway inflammation and more research is needed into the mechanisms that play a role in non-inflammatory asthma.

He has funding for more clinical tests and is also involved in an international study looking at nerve dysfunction in asthma.

"The good news is that if it is a neurogenic condition, we may already have some of the tools to treat it," he says. ■

HEALTH BRIEFS

TROUBLE SPOTS

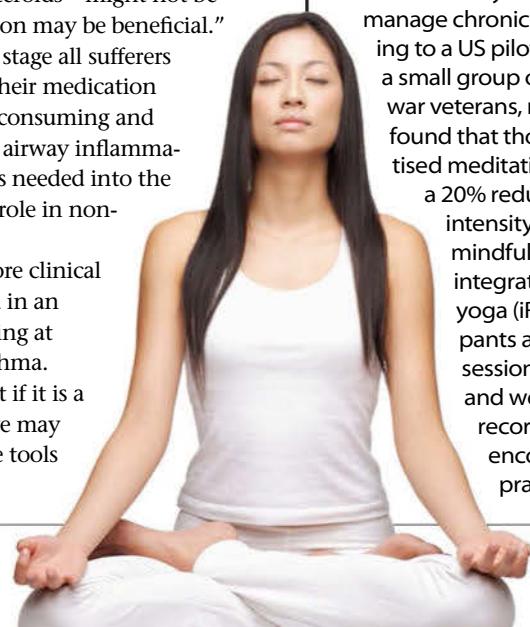
Air pollution from heavy traffic has been linked to the formation of dark patches on the skin known as lentigenes or liver spots. A large-scale study that included women from Germany and China found the most pronounced changes were on the cheeks of Asian women over 50. The increased concentration of nitrogen dioxide (NO₂) is believed to be the culprit. This is known to be associated with decreased lung function and lung cancer, but previously the effect on human skin had not been investigated.

EGGS HOLD THE KEY

If you suffer from type 2 diabetes, eat more eggs, say Iowa State University researchers. Diabetics have trouble retaining vitamin D because of poor kidney function and eggs are the richest source of 25-hydroxyvitamin D-3, which requires no conversion to make it into the blood. Rats fed an egg-based diet gained less weight and had higher concentrations of vitamin D and improved blood glucose levels.

MEDITATION PAIN RELIEF

Meditation may help sufferers manage chronic pain, according to a US pilot study. Using a small group of Washington war veterans, researchers found that those who practised meditation reported a 20% reduction in pain intensity. The form of mindfulness used was integrative restoration yoga (iRest). Participants attended sessions twice weekly and were given recordings and encouraged to practise at home.





NUTRITION

by Jennifer Bowden

Taken to extremes

Our attitudes to eating may be as important as what we eat when it comes to maintaining a healthy weight.

Good or bad. Black or white. Winners or losers. Many of us have a strong tendency to evaluate the world in terms of binary opposites or extremes. And this dichotomous thinking can affect our lives in all sorts of ways.

We may make extreme appraisals of food (an apple is good; chocolate is bad) or of our healthy diet (the diet is on or off). It's simplistic thinking that seems harmless, but a recent Dutch study suggests it can influence our dietary patterns and, by extension, our long-term health.

Modern lifestyles promote overconsumption of energy-dense, nutrient-poor food. In such an obesogenic environment, it's a constant challenge to exercise restraint to maintain a healthy weight and the task can be particularly daunting for people trying to maintain recent weight loss.

On the premise that psychological factors influence our ability to stay at a healthy weight, the Dutch researchers undertook a study to assess the relationship between black-and-white thinking, restraint eating and weight control. Their online

survey of 241 Dutch adults assessed eating behaviour, weight and the level of general and eating-specific thinking.

This mode of thinking was measured by how strongly participants agreed with statements such as: "I think of myself as either good or bad", and "I think of things in black and white terms." Eating-specific dichotomous thinking was assessed with questions such as: "I view my attempts to diet as either successes or failures", "I think of food as either good or bad", and "When dieting, if I eat something that I had planned not to, I think I have failed."

They found that higher levels of dichotomous thinking, especially where it was eating-specific, was related to higher levels of dietary restraint – the tendency to consciously restrict or control food

intake. But they also found this way of thinking about food and dieting was associated with weight regain: the more a person thought of food and diets in black and white terms, the more likely they were to regain

If we overindulge, there is no need to mentally berate ourselves and give up on healthy eating altogether.

weight. Indeed, an all-or-nothing attitude may be part of the reason some people fail to stick with their new healthier diet, say the researchers.

Finnish researchers also found overweight adults in a weight-loss



The Black Cap has been told numerous times that he's a slow eater, but he's definitely not slow when it comes to scoring runs. In 2015, Kane Williamson broke Brendon McCullum's record for the most test runs by a Kiwi in a calendar year. In December, he hit No 1 on the ICC test batsmen rankings – the first New Zealander to achieve that.

What do you eat during a match? It depends on the workload you might have after lunch, as it affects performance. If still batting, most guys will have a lighter meal, otherwise you might eat a bit more in preparation for fielding. I like some carbs, perhaps pasta, or in the Indian subcontinent rice and dahl – or curry if it's not too spicy. In New Zealand, sometimes a sandwich will do the job.

Which cricket ground is your favourite at meal time? Lords is hard to beat, as the food is fantastic. They have three courses: a starter, main and dessert (if the trainer is not looking and you don't have a big workload afterwards). They do it well; it's a bit like a restaurant, actually. In general, food around the world is pretty good, and we get very good food in New Zealand, so we're pretty lucky.

What are your dietary challenges? The most important thing is hydration. I like to get my carbs in, in terms of the slow-release energy and hope that has an impact, but fluid is a big focus. When we're in a hot climate or the subcontinent, we drink a lot of water and electrolyte drinks.

Is healthy eating a priority? I'm pretty conscious of what I eat, but I follow the rule of eating in moderation. I'm sure it's far stricter with lots of other sports.

My typical breakfast is ... Weet-Bix, porridge or eggs and toast – sometimes two of the three.

For lunch ... my favourite is sushi.

My favourite evening meal is ... a barbecue.

Are you a keen cook? I'm not well practised, as we spend a lot of time in hotels. I'd like to be a lot better than I am because it's an enjoyable thing to do, but eating is probably the preferred option.

What is your idea of food hell? Corned beef. I'm not very fussy, but growing up I was never a fan of corned beef, and we used to have it all the time.



trial who had a more flexible approach towards eating experienced less psychological stress during the weight-maintenance phase and were better able to maintain their weight loss.

So, adopting more flexible attitudes could be the key to a change to healthy eating. If we overindulge in chocolate, for example, there is no need to mentally berate ourselves and give up completely on dietary reform. Chocolate is neither good or bad. Rather, it's a not particularly nutritious food that we can enjoy in small portions as part of a healthy diet. What's more, eating too much chocolate does not make us "bad" or mean our diet has "failed".

Evaluating things in extremes is unrealistic, points out psychiatrist David Burns, an adjunct professor

emeritus at the Stanford University School of Medicine. In his book *Feeling Good: The New Mood Therapy*, Burns says, "Absolutes do not exist in this universe. If you try to force your experiences into absolute categories, you will be constantly depressed because your perceptions will not conform to reality. You will set yourself up for discrediting yourself endlessly, because whatever you do will never measure up to your exaggerated expectations."

So, start each day afresh, having learnt from your experiences. If you can't stop at just two or three pieces of chocolate, then either buy only small portions or banish it from your home – find a solution that will help you work towards healthier-eating goals. After all, the journey towards healthy diets is filled with challenges that push us to learn and grow. ■



SCIENCE

by Rebecca Priestley

Melted ice age

Greater volumes of melting ice from Antarctica will boost Pacific sea levels.

As temperatures increase and sea levels rise during the rest of this century, the South Pacific will be hit hard. "In terms of loss of lands and livelihood, sea-level rise will be felt more quickly in the Pacific than anywhere else," says Professor James Renwick, a climate scientist from Victoria University of Wellington. "Combine that with an increased frequency of very strong tropical cyclones dumping more heavy rain and the Pacific will literally be in the eye of the storm at some times of year."

Renwick was one of the organisers of "In the Eye of the Storm", a conference held at Victoria University from February 15-17. More than 200 delegates, including physical and social scientists, artists, policymakers and politicians, met to explore the implications of a changing climate for the southwest Pacific.

On day one of the conference, Renwick and his

colleague, Professor Tim Naish, director of the Antarctic Research Centre, set out the physical changes expected to take place in the region. The latest Intergovernmental Panel on Climate Change (IPCC) report, delivered in 2013, predicted that by 2100, under the most optimistic future-emissions scenario, the average global sea-level rise would be 26-55cm. The most extreme IPCC projection, in which greenhouse gas emissions continue unmitigated, would lead to a sea-level rise of up to 98cm. But sea-level rises are not uniform and, under these scenarios, the South Pacific – including New Zealand – is expected to experience greater sea-level rise than the global average.

Research published since the IPCC report suggests "we might be underestimating the amount of meltwater from Antarctica," says Naish. Recent models calculate that the melting of Antarctic ice sheets could add an additional 20-70cm to global sea-level rise by 2100. With so much extremely low-lying land in the Pacific – Tuvalu and Kiribati, for example, have average elevations of less than two metres – a few tens of centimetres "is a really big deal".

Whatever the rise in South Pacific sea level is by 2100 – and models now suggest it will be more than 50cm

– there will still be variability across the region.

Differences in atmospheric circulation, sediment supply, reef health and geological conditions mean that some atolls are accreting sand, thereby keeping up with sea-level rise, while others are subsiding or eroding, therefore adding to the rise. Although satellites provide good data about changes in sea level, more data is needed on the vulnerability of individual islands and atolls.

New Zealand is expected to experience greater sea-level rise than the global average.

Although the conference's focus was to explore possible solutions to the effects of climate change on the region, there's still scope to minimise the impact, say Renwick and Naish.

"We know what's going to happen to 2050 – we can't really change it – we're going to have another 20-30cm which is already locked in," says Naish. "The more socially relevant policy question is, what's going to happen in the next 50 to 100 years?"

It's during this time and beyond 2100 that we can still make a difference. "Greenhouse gas emissions need to come down ASAP," says Renwick. "We're already at 402ppm and given the lifetime of CO₂ in the atmosphere, if we don't start reducing emissions significantly in the next five to 10 years, we're probably locked into many metres of sea-level rise from the loss of big parts of Antarctica."

As noted by a team of scientists led by American geoscientist Peter Clark in a paper in *Nature Climate Change* recently, "policy decisions made in the next few years to decades will have profound effects on global climate, ecosystems and human societies – not just for this century, but for the next 10 millennia and beyond". ■

Under threat: the Funafuti atoll on Tuvalu.





PSYCHOLOGY

by Marc Wilson

Keep taking the pills

A big part of getting people to look after their health comes down to psychology.

In 2008, I helped organise the annual conference of the Society of Australasian Social Psychologists in Wellington. Very loosely, social psychology (my “wheelhouse”, as young people might put it) is the study of the effect of the actual, implied or imagined presence of others on how we think, feel and behave. In short, it is the psychology of parties.

Philosopher Kim Sterelny (barefoot, with a beard you could hide a badger in) was the first keynote speaker. He talked about social evolution and made the point that without it we wouldn’t have had the time to adapt to navigating LA airport, one of “the great shitholes of the universe”, as he described it.

The event taught me several things: the best way to ruin your enjoyment of a conference is to organise it; Te Papa is an amazing venue; and New Zealand has a strong health psychology tradition.

Seriously. About a quarter of the talks were on health psychology. In fact, the same was true last time the conference was held here, in Auckland in 2004.

What is health psychology? The American Psychological Association devotes a whole division to the topic – it’s No 38, below the psychological study of lesbian, gay, bisexual and transgender issues and a little before the psychology of religion and spirituality. But the APA’s definition isn’t helpful: it’s about applying psychology to understanding health and illness or, in other words, health psychology is about the psychology of health.

What does it do, then? This is where it gets interesting, exciting and important.

Let’s pick a problem – people not taking their medicine, say. In 2010, Harvard professor David Cutler (with Wendy Everett) reported that at the time there were almost four billion prescriptions written a year in the US, and almost half of them went unfilled. End result: US\$100 billion on



avoidable hospitalisations and 89,000 avoidable deaths.

Given that we’re worried about the effect of the Trans-Pacific Partnership trade deal on the cost of our medicines, it’s reasonable to ask if there’s an economic reason for scripts going unfilled. Can patients not afford the drugs?

Cutler notes that even when people are given the option of free medicine, 40% still don’t see their course

When people are given the option of free medicine, 40% still don't take it.

of medication through. A possible reason might be that the malady is not serious enough to take the pills. But that can’t explain why a fifth of people prescribed oral cancer drugs don’t take them.

Part of the answer is psychological. If we understand the physical and psychological barriers (or facilitators) to health-related behaviour, then perhaps we can promote healthy behaviour. And the factors? There are different ways of understanding

health drivers, so let’s consider one promising one, the Com-B model.

This stands for capability (whether the person is capable of understanding and carrying out the behaviour), opportunity (factors that encourage or discourage the behaviour; for example, the pill tastes horrible, has unpleasant side effects or the treatment is socially stigmatised) and motivation (the patient’s understanding of the seriousness of his or her health problem or the effects of treatment, and whether he or she wants to get better), which combine to cause health-relevant behaviour.

The evidence is promising that Com-B can help in identifying reasons people don’t do what’s good for them and promote positive behaviour. A spoonful of sugar and all that.

As well as its usefulness in getting people to take their medicine, it works to promote exercise and safe-sex practices and encourage positive ageing, improve pain management, and help people stop smoking or drinking to excess, among other things.

So, the good news is that as long as people are sick and don’t do what they know is good for them, there will be jobs for psychologists working in this area. ■



MONEY

Totara amaze

Old stumps and fence posts are the source of a powerful antimicrobial worth millions of dollars.

An antimicrobial extract from totara trees has had worldwide success, but the man behind it wants more.

Carterton businessman Doug Mende has been working for 17 years to prove the efficacy of totarol, an antimicrobial extract from totara trees that is now marketed worldwide and appears in products ranging from toothpaste to anti-acne cream.

His company, Mende Biotech, supplies the ingredient to more than 30 companies, including French cosmetic giant L'Oréal. A global consumer trend towards natural healthcare has resulted in some of his customers substantially increasing their sales, with oral care now replacing cosmetics as the biggest use of totarol.

Although only tiny amounts of totarol are used in each of the products, Mende Biotech's sales jumped by 130% in 2015. Mende says a number of other companies that have been trying out totarol for some years are also close to launching products.

He expects a further upsurge in interest when the results of a three-year German human health research



Old totara stumps are a reliable source of the highly sought-after totarol.

project involving totarol are made public later this year. He says confidentiality agreements prevent him from disclosing details of the project, which involves the German Government and a top university.

The sales boost is causing headaches, however. Mende is having to find funding for more milling machinery to increase production. Totarol, which is processed into a pale yellow powder, comes from old totara fence posts and stumps that are chipped by an Ohope company before extraction of the compound by a Nelson-based company.

Although happy at increased sales at an average \$1350 a kilogram, Mende wants to be more than just a commodity supplier.

"It's essential for growth and returns that we produce and manufacture our own finished products rather than be a raw-material supplier, and retain our science and technologies."

He has developed totarol treatments for mastitis and metritis,

two of the dairy industry's biggest animal health problems.

Independent lab data has shown totarol is many times stronger than penicillin when tested on mastitis bacteria and is cheaper than antibiotics, says Mende. DairyNZ estimates lost production from mastitis, an udder inflammation, costs the dairy industry alone \$180 million a year, or about \$18,000 per dairy farmer.

Totarol is many times stronger than penicillin when tested on mastitis bacteria.

Yet Mende has struggled to find an investor to help fund farm trials, get regulatory approval and market an animal spray. A hoped-for deal fell through at the end of 2015 when the two parties couldn't agree on the value of worldwide royalty rights.

"Without an investor, we have to struggle on until such time as it all comes together," he says. Mende has a pipeline of products including an advanced wound dressing for severe burns and natural dog shampoos and sprays.



Doug Mende is happy with increased sales; one of his customers is cosmetic giant L'Oréal.

T2G Biotechnology, whose major shareholder is Charles Richards, was set up to commercialise the animal health products. T2G has a 10% stake in Mende Biotech, and another Mende shareholder, Reinhard Hueber, runs Essentially New Zealand, the totarol marketing arm.

Mende has also helped Wairarapa vet Heidi Ward-McGrath develop a "pet putty" for treatment of itchy and broken skin made from bentonite clay and totarol, which is being distributed nationwide through Petware. It's part of a range of natural pet health products she's working on.

Ward-McGrath says her company, Vetcare IP, co-invented pet putty and she owns the name and rights to

sell the product in the New Zealand veterinary market. She has trademarked both pet putty and a totarol antiseptic spray.

There have been some misunderstandings along the way, but Mende says, "Everyone now wants to see products on the ground and selling and we don't care which label that comes under if it gets it out there."

Mende supplies the spray, which Ward-McGrath sells under her own label as a general-purpose antiseptic pet product. He remains the sole supplier of the patented totarol.

Totarol first started appearing in international scientific literature as a natural antibiotic in the early 1990s, when it was researched by scientist

Gary Evans at Industrial Research Limited (IRL), the crown research institute that later became Callaghan Innovation.

Evans published several papers on the anti-bacterial activity of totarol, which constitutes almost 5% of the dry weight of totara's long-lasting heartwood. The compound's antimicrobial and antioxidant activity makes the wood resistant to rotting, which is why it was used extensively by settlers for fence posts and house and wharf pilings.

The IRL research caught the attention of Mende, who had studied the potential for biomedical compounds from New Zealand native plants in the early 1990s. He was interested in using totarol as an antibiotic from a natural and renewable source.

He formed Mende Biotech in 1999 and originally began extracting totarol from the timber using solvents, a laborious manual method. With the help of the IRL team, he developed a novel extraction process using high-pressure CO₂ – a

Mende has struggled to find an investor to help fund farm trials, get regulatory approval and market a spray.

method since used by other Kiwi companies to extract ingredients from raw materials for use in the health, food and cosmetics industries.

One of the advantages of the totarol process is that it produces a high-yield, organic-certifiable extract.

Mende has patented the process and bought out Callaghan's share in the intellectual property. He's able to produce more than 10 tonnes of totarol a year and says an abundance of old stumps and house piles guarantees a regular supply "for decades to come".

He's spent years analysing totarol's active components, working out how to consistently produce the powder and finding potential customers. He's proven its antimicrobial and antioxidant properties, that it doesn't degenerate over time and is safe, odourless and tasteless.

Mende and his fellow funders have invested about \$3 million so far to build a profitable one-person enterprise. Whether he can follow his customers into value-added products that will take the business to the next level is reliant on an outside investor that sees the same potential for totarol as he does. ■

– Fiona Rotherham

Fiona Rotherham works for BusinessDesk which receives some funding from Callaghan Innovation.



The colour purple

With the right recipes, the underrated but versatile aubergine can be turned into delicious meals.

Aubergines, or eggplants as they are also known, might be more popular if people knew how to cook them properly. Abundant in late summer, when the outdoor crop ripens after a long growing season, this underrated vegetable needs thorough cooking until the stringy, cardboard-like interior collapses into a soft, almost silky, creamy mass. It is then ready for careful seasoning, because on its own it is not the most flavoursome of vegetables.

To add to its woes, the aubergine's skin, which ranges in colour from lilac through purple to almost black, becomes a dull brown when cooked. But with a good recipe, this vegetable can be superb.

Aubergines need more than a splash of good oil, as that spongy centre sucks up more of it than a racing car in a Grand Prix.

Several outdoor varieties are abundant now (although the hothouse varieties are every bit as good as their alfresco cousins). The tender, smaller Asian varieties are a thin, skinny shape and tend to be pale lilac. The more traditional large deep-purple Italian types have a shiny skin when fresh.

Aubergines need more than a splash of good oil, as that spongy centre sucks up more of it than a racing car in a Grand Prix.





Nancy Hachisu's stir-fried aubergine with miso. Right, vegetarian moussaka.

Aubergines also can be striped, white or green. The tiny green varieties from Thailand are unsuitable for these recipes, but can be used in Asian curries and stir-fries.

This recipe is inspired by my Japanese friend and author Nancy Hachisu. In her book *Japanese Farm Food*, she tells how her husband, Tadaaki, tossed this dish together in a wok, but it was only after son Christopher's urging that she tried the brown-looking aubergines and found the sweet/sour flavour of miso so good that she wanted more.

NANCY HACHISU'S STIR-FRIED AUBERGINE WITH MISO

2 tbsp top-quality miso paste
2 tbsp sake
500g Asian or traditional aubergines
1 large sweet red capsicum
4 tbsp grapeseed oil
3 tbsp sesame oil
1 tbsp sliced fresh ginger, peeled
pinch of red chilli flakes
small bunch Thai basil leaves or shiso leaves (an Asian culinary herb)

Mix the miso paste and sake in a small bowl. If using Asian aubergines, slice them into 2cm rings. The large dark-purple aubergines should be sliced in half lengthwise, then in quarters before cutting into 2-3cm pieces. Seed the capsicum, then cut it into thin slices.

Heat a wok until really hot, then add the oils and toss in the capsicum, ginger and chilli flakes. Toss over the heat until the capsicum starts to blister. Add the aubergine slices and toss gently in the oil for a few minutes until they become silky and soft.

Stir in the miso-sake mixture so it coats the aubergine. Sprinkle with Thai basil or shiso leaves.

Serves 6 as a side dish.
 Wine match: sake.

THE NEXT RECIPE may seem like a lot of work, but it's well worth it. Moussaka is the type of dish everyone should have in their repertoire when they have a crowd to feed, as it can be prepared ahead. Better still, it will appeal to vegetarians – and carnivores will hardly miss the meat.



VEGETARIAN MOUSSAKA

3 large ripe beefsteak tomatoes
1 small bunch spring onions
3 sprigs thyme
sea salt and pepper
6 tbsp olive oil
2 aubergines
600g small new potatoes (jersey bennes, perlas or little sods)
2 tbsp butter
2 tbsp flour
300ml milk
1 fresh bay leaf
80g grated gruyere cheese

Preheat the oven to 160°C. Cut the tomatoes into 2cm pieces, then finely chop the spring onions and thyme. Place the tomatoes in an oven dish and sprinkle over the spring onions and thyme. Season with a little salt and pepper and splash over a tablespoon of the oil.

Roast the tomatoes in the oven for about 15 minutes until softened. Remove from the oven and leave to cool.

Cut the aubergines into 2cm slices. Sprinkle with a little salt. Heat the remaining oil in a frying pan and gently fry the aubergine slices until soft and on the point of collapse. Set aside.

Slice the potatoes into 2cm pieces, then steam them for about 15 minutes or until tender.

Chargrilling vegetables

Several recipes for salads, dips and the famous baba ghanoush call for charred aubergines, as this adds a smoky dimension to the dish. If you have a barbecue that's easy to fire up, use that. But you can also grill aubergines or ripe capsicums over a naked gas flame. Using kitchen tongs, place the vegetables directly in the flame and keep rotating them until the vegetables have softened and the skins have blackened and blistered. Put them in a paper bag and leave to cool, then use your fingers to strip off most of the charred skin.



Start the béchamel sauce by melting the butter in a heavy-based saucepan. Add the flour while keeping the saucepan over the heat, then stir rapidly, reducing the heat slightly but allowing the flour to briefly cook. Do not let it brown. Add the milk and bay leaf and continue to stir rapidly over the heat until the sauce starts to bubble. It should be like very thick cream. Season with salt and pepper to taste, remove from the heat, then add half the cheese. If you add the cheese while the pan is still over the heat, the mixture will split and appear curdled.

To construct the moussaka, grease an oven-proof dish with a little extra butter. (This will make the dish much easier to clean.)

Alternate layers of tomatoes, potato and aubergine in the dish, then pour over the sauce. Sprinkle the remaining cheese over the top. The dish can be prepared ahead to this point, then refrigerated overnight.

Preheat the oven to 170°C. Bake the moussaka for 30-40 minutes until completely heated through and golden. Leave it to stand for 10 minutes before serving.

 Serves 6-8, with a green salad.

 Wine match: pinot noir. ■



WINE

by Michael Cooper

Attention to detail

Two interesting new books explore aspects of New Zealand wine.

Two completely different New Zealand wine books have hit the shelves: a short guide to buying and enjoying wine, and a highly detailed, well-illustrated history of wine in Hawke's Bay.

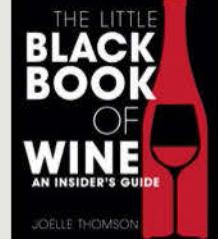
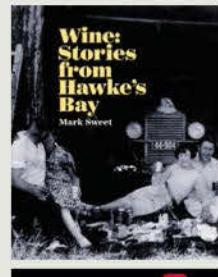
WINE: STORIES FROM HAWKE'S BAY, by Mark Sweet (BayBuzz, \$69)

Promoted as an "authoritative" history, this handsome, hard-cover book comes close to achieving its goal.

Napier-born Sweet is a published novelist and former restaurateur (founder of Pacifica, on Marine Parade). His 200-page text, split into four parts (In the Beginning 1836-1920, The Dark Ages 1920-1975, The Renaissance 1975-1995, The Flourishing 1995-today), is enhanced by contemporary photographs by Tim Whittaker and archival images.

Lengthy winery profiles are a feature of the book, which includes most of the big names as well as the lesser-known ones and some that have disappeared, such as Bradshaw Estate and Huthlee Estate. It also brings to life personalities who are frequently overlooked, such as Ian Clark, who in 1978 became the first person outside the Marist order to be appointed manager of Mission Vineyards.

I spotted a few errors (James Busby was appointed British Resident of New Zealand in 1833, not 1933), but the book's key drawback is its near-total omission of such major producers as Babich and Mills Reef,



which both have significant vineyard holdings in the region and a long history of top-class Hawke's Bay wines. Neither has established a cellar door in the area.

THE LITTLE BLACK BOOK OF WINE: AN INSIDER'S GUIDE, by Joelle Thomson (New Holland, \$24.99)

Thomson sets out to demystify her subject, focusing on the language of wine, what's in it and how to buy, cellar and serve it. Why does wine contain

sulphur dioxide? Can you make cheap wine taste better? This book has the answers. It has several errors (notably the claim that sauvignon blanc was "first planted in New Zealand in 1973"; the correct date is 1906), and the chapter designed as a buyer's guide is a bit dated in terms of the vintages recommended, including sauvignon blancs from 2013. But it's an easy read, well designed and priced right. ■

• Michael Cooper was marketing manager for Babich Wines until 1990.

WINE OF THE WEEK

Brancott Estate Terroir Series Awatere Valley Marlborough Pinot Gris 2015 

Delicious young, this scented, mouthfilling, vibrantly fruity wine has rich pear, peach and spice flavours and is dryish and well-rounded. \$16-\$20





The long goodbye

Cricketers could learn from rugby players that the less fuss over a great player's swansong the better.

Sportspeople know personal milestones can cause a loss of focus, for both the individual and the group. Given the Black Caps' feeble start to the test series against Australia, you might wonder whether they were distracted by the palaver around captain Brendon McCullum becoming the first cricketer to play 100 consecutive tests from debut.

Seeing this summer of cricket has become something of a farewell tour for McCullum, who's playing his last game for New Zealand in the second test in Christchurch, perhaps they should have got used to it by now. One of the most impressive aspects of the All Blacks' World Cup campaign was their refusal to dwell on the fact that the tournament was the last hurrah for six all-time greats.

The most famous cricketing example of swansong distraction was that of Don Bradman, who went into bat in his final test – against England at the Oval in 1948 – needing just four runs to finish with a test-match batting average of 100.

Everything was in his favour: having skittled England for 52 (of which the great Len Hutton made 30; the second highest scorer got 7), Australia put on 117 for the first wicket. Bradman could have sent out a nightwatchman when the opening stand was broken a few minutes before stumps, but given the game situation, that would have been timid to the point of being unAustralian. Instead he walked out to a standing ovation and three cheers from the England team.

"The reception had stirred my emotions very deeply and made me anxious – a dangerous state of mind for any batsman," he wrote later.

Bradman kept out his first ball from leg-spinner Eric Hollies, albeit unconvincingly. Hollies' second ball was a googly, a delivery bowled out of the back,



rather than the side, of the hand and which spins into, rather than away from, a right-handed batsman. Uncharacteristically, Bradman failed to pick it; the ball took the inside edge of his bat as he pushed forward and went on to hit off-stump. The Don tucked his bat under his arm and left the arena to another standing ovation.

Hollies said later he thought Bradman didn't see the ball properly because he had tears in his eyes, a suggestion the notoriously unsentimental Bradman tartly dismissed as "quite untrue".

He went on to say, in words obviously read and taken to heart by a young Sean Fitzpatrick, "Hollies deceived me and he deserves full credit."

Bradman also argued



He's gone: Don Bradman is out for a duck in his final innings. Below, Adam Voges.

that he didn't know it would be his last test innings, but given the state of the game and the utter dominance of his fast bowling duo Ray Lindwall and Keith Miller throughout the series, that was somewhat disingenuous: he must have realised there was little likelihood of him having a second turn at the crease. As it transpired, Australia made 389 and bowled England out for 188 (Hutton this time making 64) to win by an innings and 149 runs.

Bradman's average of 99.94 is one of the wonders of sport. To put it in perspective, in the history of the game, only three other batsmen who played at least 20 tests have averaged above 60 and even then only just: South African Graeme Pollock, whose international career was curtailed by the sporting boycott (60.97); West Indian George Headley, the "black Bradman", (60.83); and Englishman Herbert Sutcliffe (60.73).

After his double century at the Basin Reserve, Aussie late bloomer Adam Voges, who debuted last year aged 35 years and eight months, was averaging 97.46 from 19 innings. He might want to consider quitting while he's ahead. ■

Books & Culture

The secrets of originality

Entrepreneurs are often risk-averse, birth order can affect creativity and procrastination can be good, says Wharton School management professor Adam Grant. He talks to MARK BROATCH.

You argue in your new book, *Originals*, that many successful entrepreneurs actively minimise their risks, often keeping their full-time jobs and are "cautious late adopters". These include Bill Gates, eBay's Pierre Omidyar, Dilbert's Scott Adams and Henry Ford, as well as writers such as TS Eliot and Stephen King. Should we jettison our idea of the gung-ho, fail-fail-succeed entrepreneur? I was surprised by it. I always thought to be an entrepreneur you had to be a huge risk-taker. To try a new idea, to walk away from secure employment, to have no guarantee of an income? You've got to be a daredevil. And I was stunned when I read that study showing that the people

"One of the things that sets entrepreneurs apart is that they are unwilling to accept an undesirable status quo."

who kept their day jobs and started their businesses as hobbies were 33% less likely to fail. It's still a bit of a mystery as to why, but I think the main thing that happens is when entrepreneurs are risk-taking, they rush ahead before knowing what they're doing. That means they take their products to market too early, or end up

bringing services out that haven't been thought through carefully. Whereas the risk-averse ones really test their ideas and perfect them and when they hit the market they are prepared. One of the things that tends to set entrepreneurs apart is that they are unwilling to accept an undesirable status quo. They are much more likely to say, "No, I'm going to take the initiative to make it what it could be."

You encourage procrastination (following Steve Jobs, Aaron Sorkin and Frank Lloyd Wright) as sometimes helping creativity and divergent thinking?

We know that procrastination is bad for productivity, [but] it can be a useful resource for creativity. The time to procrastinate is when you're working on a novel problem that really requires original thought. I've had a habit of not doing that, being one of these "precrastinators" who jumps into a task early and finishes it ahead of the deadline. The unfortunate

thing is if you start a task right away and finish it early, you're often only working with the most obvious ideas, because your first ideas were the easiest to think of. If you can delay the start or finish of the task to give yourself more time to incubate, you allow for more

Adam Grant: take heed of fellow creators and disagreeable people.



BOOKS 53

New fiction from Helen Ellis, Yann Martel, Albert Wendt, Jill Mansell, Amy Stewart

BOOKS 54

Is a hedonistic life moral? French author Michel Onfray weighs in

BOOKS 56

The humour and humanity that result when men meet

MUSIC 58

Rihanna's long-awaited *Anti* takes fans into new territory



non-linear thinking, random connections, unexpected leaps. When you have a novel problem to solve, start thinking about it a little bit, and you may work on some other things that are a little bit more mindless or that you already know how to do, so the creative task is active in the back of your mind. Then when you start to move forward on it, you can hopefully do that with some novel ideas at your disposal. For some of us, it's a stretch to even get 15 extra minutes. If that's the case, the other thing you do is to start thinking about the problem ahead of time. You can

say, "I'm going to start thinking about it earlier but not work on it yet", and that way jump-start the creative process.

You talk about coming up with a greater volume of ideas in the first place, with the hope that one of them will turn into something truly original and exciting. How do you filter and recognise the best ideas?

You want to not rely on your own judgment, because we are terrible evaluators of our own ideas. We tend to be way too positive. There are two groups of people I recommend going to. The first is your

creative peers, because middle managers are often very risk-averse. They're often looking for reasons why ideas will fail instead of why they would succeed. They tend to compare new ideas to what's been effective in the past, which leads them to miss out on some of the most original ideas. By contrast, fellow creators have enough distance to tell you when your ideas are *terrible*, but they're really invested in seeing new ideas flourish and trying out unusual possibilities. The second group is disagreeable people, who tend to be more critical, sceptical and challenging.

They will tear your idea apart, to help you. Which is good feedback, constructive criticism, tough love, whatever you want to call it. And once they finally believe in it, they will run through walls to champion it. Because there's some evidence, believe it or not, that extremely disagreeable people are happier when they're in an argument than when getting along with someone. They can be great allies.

Those born later in the family order tend to be more original in certain ways, but first-borns are far more likely to win a Nobel Prize?

I should say birth-order research is incredibly controversial and conflicting. I don't think I've seen a more mixed and confusing body of research in social science. But there are enough studies [to show] there is something to the idea that first-borns tend to be more conventional high-achievers, later-borns are a little bit more likely to do original, creative things. We see more first-borns among Nobel Prize-winning scientists, among presidents and prime ministers, both male and female around the world, more astronauts. On the flip side, we see that later-borns are more likely to be revolutionary scientists. They champion bold, new theories often – and are more likely to attempt to steal a base in professional baseball and do so successfully. I found also that later-borns are more likely to be great comedians. There are a couple of explanations for it. It's harder to be smarter or stronger than your older siblings because they've already stood out as academic or athletic stars. But one way you could differentiate yourself is by being creative or taking risks or doing something nobody else has done. The more interesting idea is that parents give



Entrepreneurs: From top, Bill Gates, Steve Jobs, Stephen King. Gates and King are risk-averse, Jobs liked to procrastinate.



If you start a task right away and finish it early, you're often only working with the most obvious ideas.

more and more freedom to each child. This means later-borns get to take more risks and find out that most risks don't go that badly. So they learn to be more comfortable doing things a little differently.

A staff member on the *Daily Show* tries ideas out on social media – is this approach useful to other people?

I find it useful. I will frequently post a sentence or two on Facebook or Twitter or LinkedIn. You can see by the comments, the questions, the likes, whether it's a topic people find interesting, how much debate or disagreement there is, and sometimes I use that to decide which research questions to pursue. For some people, you may [instead] have a group of five to 10 people that you know are either creative and disagreeable or just care about you enough that they'll tell you the truth. I've seen people put together a small email list like that, or have a weekly ideas breakfast where anybody can pitch and the only rule is that you have to give your honest opinion in response.

Lots of great TV and film ideas such as *Seinfeld* didn't make it, as Hollywood tends towards

the most recent successful idea. And test screenings – are they ever helpful?

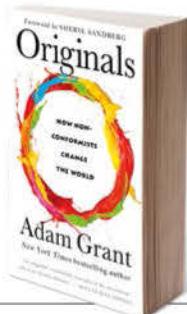
When you talk to people in entertainment, no one likes them. Because I think there are so many more examples of false negatives than false positives. I'm sure there are times when they're accurate, but I do think there's a fundamental problem with asking people to evaluate something instead of just having them experience it. I've seen it in my own life. I'm speaking at

TED next week and I gathered a practice audience. It went way worse than when I did practice talks without telling people to give me their feedback. They laughed less at the same jokes, because they were there to scrutinise it and make it better. This is the risk with focus groups and test audiences. I don't want to see them go away but rethink them. To say, we're going to gather you, show you a bunch of cool new stuff. Then we're going to talk to you about it afterwards and see what your experience was like.

How do we make workplaces open to new ideas?

The first thing is, we need to hire differently. There's a bunch of evidence that when organisations hire on cultural fit, looking for people who share their values, it's better in the early stages. Start-ups that hire on cultural fit are less likely to fail, more likely to become public companies on the sharemarket. But over time they grow at a slower rate than their peer companies, because when you hire on cultural fit you hire people who think the same way you do and you end up basically getting groupthink. You weed out cognitive diversity. So try to bring in people who are challenging and improving the culture. Another thing I'd like to see more organisations doing is to stop assigning devil's advocates. Every leader I've worked with has said, "We need different opinions, so you play the devil's advocate and argue for the opposite of what the group thinks." There's a lot of evidence suggesting devil's advocates don't work. The person doesn't argue forcefully enough and the audience doesn't take them seriously. Ultimately you need to not assign a devil's advocate but unearth one, an authentic dissenter, and invite him or her into the conversation. The evidence shows that dissenting opinions are useful even when they're wrong. If somebody argues for a factually incorrect opinion when the group has a majority preference, the group ends up making a better decision on average.

ORIGINALS: HOW NON-CONFORMISTS CHANGE THE WORLD, by Adam Grant, foreword by Sheryl Sandberg (WH Allen, \$40)



Bold wives' tales

Dark humour and cracking good writing elevate stories about US housewives.

by CATHERINE ROBERTSON

Author Helen Ellis is a competitive poker player, which gives you a clue to the tone of her short story collection, **AMERICAN HOUSEWIFE** (Simon and Schuster, \$36.99). Her characters are the kind of women who stallion-walk like Beyoncé across the kitchen, hold quietly threatening book groups, compete in rock-bottom TV reality shows and plot murder with the help of ghosts. The writing cracks like a whip, and the humour is as dark as the inside of a coffin. It pushes the bounds of reality, but even the most absurd scenarios seem completely plausible. A hoot. Highly recommended.

Yann Martel's latest novel, **THE HIGH MOUNTAINS OF PORTUGAL** (Text Publishing, \$37), is divided into three parts. In 1904, hapless, grief-stricken Tomás goes on a quest to find a marvellous religious object. In 1939, pathologist Dr Lozora performs a most unusual autopsy, and in the late 1980s, a Canadian senator takes his adopted chimpanzee to live with him in Portugal. If you have a low tolerance for magic realism, this is not the book for you. If you're a fan of the fantastic and like to unpick philosophical puzzles about man's relationship with religion and animals (not to mention Agatha Christie), then you should find this entertaining and, quite possibly, moving.

Poet and academic Daniel is called back to New Zealand to arrange his friend Aaron's funeral and is forced to confront unresolved issues with his ex-wife and estranged mother and the secrets within his once close-knit group of childhood friends. The structure of Albert Wendt's **BREAKING CONNECTIONS** (Huia, \$35) is a bit ropey, with chunks of significant backstory regularly plonked into



Helen Ellis: makes absurd scenarios seem plausible.

the present, interrupting the flow. Group linchpin Aaron is meant to be opaque, but his hold on the others is too often stated, not shown. Those quibbles aside, it's an engrossing read, with believably flawed characters, sustained tension and an unsentimental insight into growing up Polynesian in urban New Zealand.

When Lily was eight, her mother died but left a letter to be opened every birthday until Lily's 25th. In her last letter, she reveals the identity of her one true love, and Lily decides to track him down, causing all sorts of hoo-ha in her pretty Cotswold village. And who is Lily's own one true love? Movie star Eddie? Or her childhood friend, now a womaniser, Dan? **YOU AND ME, ALWAYS** (Hachette, \$34.99) by Jill Mansell is breezily charming, sweet but not sickly. You'll see the end coming from

pretty much page one, but it's the kind of fun read that's tailor-made for a lazy weekend.

The Kopp sisters are doing it tough. Their father's long gone, their mother has died and they're earning a sparse income from the family farm. And it's the US in 1915, where women have few rights. So when the sisters have a run-in with a local criminal gang, nobody except the overworked sheriff values them enough to offer protection. Author Amy Stewart based **GIRL WAITS WITH GUN** (Scribe, \$37) on a true story, which, to be frank, sounds more interesting than the fictional version. It's not a bad read by any means, but the characters tend towards the two dimensional, especially the main villain, who, if you turned him sideways, would be nigh on invisible. ■



The good life

A terribly French intellectual tells us how to be a hedonist.

by MATTHEW DENTITH

Ethics – the branch of philosophy that investigates how to best live the good life – has a long and storied history. According to Conan the Barbarian, what is best in life could be summarised as “Crush your enemies. See them driven before you. Hear the lamentations of their family.” Yet the ethics of a Cimmerian barbarian differs from our own today. In his *A Hedonist Manifesto*, Michael Onfray, a French intellectual and philosopher and the author of dozens of books including *Atheist Manifesto*, sets out a modern moral framework – one that, admittedly, harks back to the Epicureans of Ancient Greece – which he contrasts with the idealist ethics of Christian morality.

Onfray's proposed moral code is not selfish, just centred on the self and its relationship to others.

Onfray's hedonistic manifesto can be summed up by Chamfort's maxim: “Enjoy and have others enjoy, without doing harm to yourself or anyone else; that is all there is to morality.”

It's a morality that emphasises the individual choices to live the good life. In translation, aspects of this morality get called “libertarian”, but we should not mistake it for the pseudo-philosophy of Ayn Rand; Onfray's proposed moral code is not selfish, just centred on the self and its relationship to others.

A *Hedonist Manifesto* is the story of Onfray's coming to terms with his abandonment in an orphanage at the age of 10. Although telling a story about how you came to your life's work can be elucidating, it also raises



awkward questions. Is Onfray a hedonist merely because of the years he spent in the orphanage? Would his ethical theory have been any different given other circumstances?

This question is particularly dear to philosophers, who hold it that theories are meant to be based on more than just emotive or psychological responses to the world in which we live. We ought to be moral because of the merits of our ethical theories, rather than be predisposed to a particular kind of morality simply out of circumstance.

To Onfray's credit, he recognises this objection, only to reject it; the life of a philosopher who does not contextualise his or her thought is, in his philosophy, inauthentic.

Although there is much to like here, there are also issues. Onfray's professed feminism is a call for women to resist their own nature; apparently, all women need to stop thinking like women in order to live the good life. His support of eugenics is similarly troubling; he assumes the comfortable life of a Frenchman is the mark of a good life. As such, this is a very French book, rooted in the problems of French intellectual and political life. You could be forgiven for thinking Onfray cannot see beyond the issues that affect him. Either that or the translator has amplified his

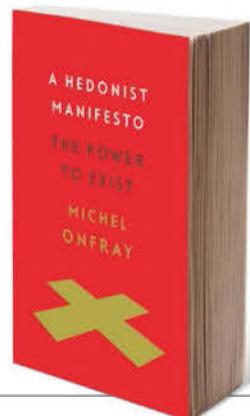
Michel Onfray: succinct, passionate and occasionally convincing.

own distaste for academic philosophy – as expressed in the preface – using Onfray as his mouthpiece.

A Hedonist Manifesto is a short book. It does, however, feature a surprisingly lengthy and tedious translator's preface, which might put off some readers. This would be a pity; Onfray's own words are succinct, passionate and, despite his parochialism, occasionally convincing. ■

A HEDONIST MANIFESTO: THE POWER TO EXIST, by Michel Onfray (Columbia University Press, US\$35)

Matthew Dentith is the author of The Philosophy of Conspiracy Theories (Palgrave Macmillan).



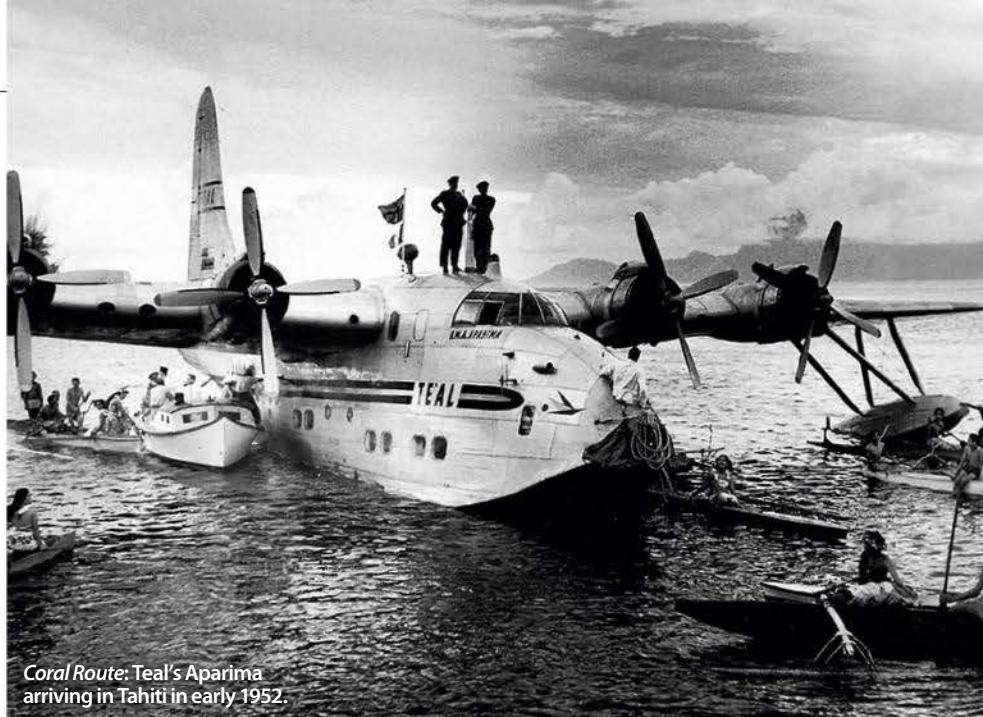
Vicarious voyages

Armchair travellers are guided on a trip to the oceans north and south.

by CHRIS MOORE

In 2013, Matt Vance instructed us in the niceties of how to sail a boat. Now he returns with a vivid account of journeys to the lost and lonely places of the great Southern Ocean. If you find the prospect of leaving your comfort zone daunting, fear not. **OCEAN NOTORIOUS** (Awa Press, \$40) allows readers to vicariously experience the Southern Ocean in all its moods without leaving the comfort of their armchairs. Vance is the perfect skipper for the voyage, fusing his considerable experience with the people, boats, wildlife and places in this extraordinary environment. Weigh the anchor and enjoy a voyage with a born storyteller.

Also at sea, albeit further north, comes **CORAL ROUTE**, by Gerry Barton and Philip Heath (Steele Roberts Aotearoa, \$45). It's a rollicking account of Teal's first scheduled air service, which from 1951 saw flying boats whisking travellers to Western Samoa, Tahiti, the Cook Islands and Fiji. Compared with today's sanitised air travel, this is a story infused with a palpable sense of adventure. It's all there, from the stackable melamine crockery and the gourmet in-flight meals (minestrone soup, roast chicken and vanilla ice cream) to the promotional posters (remember Moonlight Tiare Tahiti?) and,



Coral Route: Teal's Aparima arriving in Tahiti in early 1952.

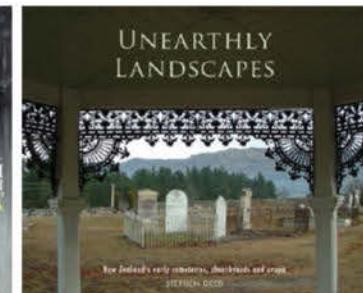
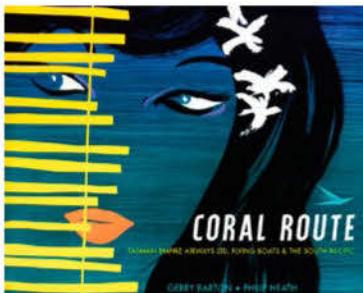
of course, the destinations. Ah, memories, memories.

CROSSING THE FLOOR (Huia Publishing, \$45) is Helen Leahy's polished biography of politician and activist Tariana Turia. Leahy examines the personality and the life behind the politics that led to Turia emerging as an influential, occasionally controversial public figure. Both as a co-founder of the Maori Party and dauntless advocate for her people, Turia stamped her presence on the collective Maori and Pakeha psyche. Leahy provides readers with a penetrating account of the remarkable life of an indomitable New Zealander who effectively defied the entrenched party-political machine to bring about far-reaching change.

The tragedy and consequences of what occurred at Parihaka on November 5, 1881, still resonate. In this second Huia release, **TE WHITI O RONGOMAI AND THE RESISTANCE OF PARIHAKA** (\$45), Danny Keenan traces the background to the politics and personalities surrounding the event and its aftermath, focusing on

the redoubtable figure of Te Whiti, the man who held his people together despite his deep fears of the consequences of their passive resistance to the Crown's punitive actions. Keenan's account is restrained and detailed, but there is a strong vein of moral outrage at the events surrounding and following that cold spring morning in Taranaki.

If, like me, you find cemeteries and graveyards irresistible repositories of human history and memory, Stephen Deed's **UNEARTHLY LANDSCAPES: NEW ZEALAND'S EARLY CEMETERIES, CHURCHYARDS AND URUPA** (Otago University Press, \$49.95) is required reading. Deed's account is no sensational penny dreadful but an engrossing journey through changing attitudes towards death and memory from pre-European to post-colonial New Zealand. Maori burial rituals, the art of the Victorian monumental mason and the place of the cemetery in the contemporary world dispatch many ghosts to whisper through the pages of a book that contains no literary dead ends. ■





Tight club

A gentlemen's den marks half a century with a collection of members' stories.

by GRAEME LAY

There are clubs and clubs. One I've been a member of for many years meets weekly at an upstairs restaurant in Auckland's Victoria St, the Mai Thai. The club is the Portnoys Committee, a name inspired by Philip Roth's 1969 novel *Portnoy's Complaint*,

although the complaints the committee dealt with were quite unlike that of Roth's central character, Alexander Portnoy.

Our Portnoys began as a subcommittee of the New Zealand Society of Authors, offering free advice to authors with complaints or queries, usually over manuscript suitability or their contracts with publishers. The foundation members were legal academic Bernard Brown, writer and editor Stephen Stratford and writers Kevin Ireland and me. We had some notable successes, one involving millions of dollars for the writer.

Somewhere along the line the Society of Authors dispensed with the committee's services, but we carried on meeting regardless, evolving into a social club in which guests joined us over long, well-lubricated lunches. Later, poet and actor Peter Bland joined the committee, which

is now in its 23rd year. The main criterion for invitation is that guests are interested in books, and are able to tell, and listen to, a good story. Over the years we've hosted publishers, editors, barristers, doctors,

Atrium Club gives them comradeship, relaxation, good-natured ribbing. Fitness, even.

thespians, poets, TV stars, Queen's Counsels, honorary consuls, judges of the high and low courts, a former Prime Minister, a Papal knight, a real knight, an ex-All Black and several journalists. (We once invited a politician, but he was so ghastly he was never asked back.)

Another kind of club is one tucked away

Left, Edmund Hillary and Tenzing Norgay. Hillary is the subject of a Mark Sainsbury (below) story. Right, David Lange and entrepreneur Phil Warren.

in an upstairs location at the end of Auckland's Federal St. Called the Atrium Club, for 50 years it has operated as a gym for professional men. To refer to it merely as a gym is a misnomer, though. The club does provide the usual torture apparatus – rowing machines, weights, treadmills – but evidently the Atrium is also a gentlemen's den, a place where its members socialise, swap yarns and celebrate their birthdays over a scotch bottle.

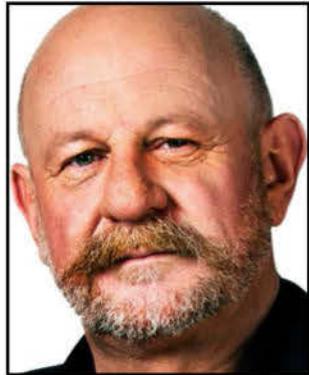
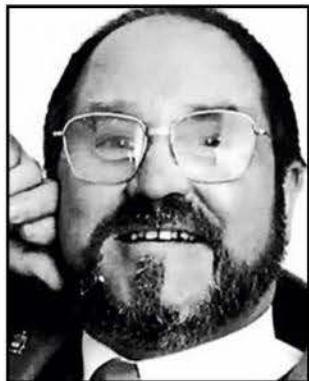
To commemorate the Atrium Club's half century, a collection of 50 members' reminiscences is published in *Stories Men Tell – New Zealand Men Talk About Their Lives*.

The brief to contributors was: "To write about a moment in your life; one that may have enriched you for better or shaken you for the worse."

The writers include barristers, businessmen, journalists, a surgeon, a film-maker, a former Black Cap, a clergyman and immigrants from the US and Asia whom the club has eased into Kiwi social life. The contributors' "demographic", as people are wont to put it, is the senior end of the age spectrum. Head-and-shoulders portraits and other photos of members on the fitness machines and socialising suggest the dress code of the Atrium is informal; the Northern Club it isn't.

Just as women do, men need time away from home and a place to meet with their own kind. The contributors to this anthology confirm the benefits the Atrium Club gives them: comradeship, relaxation, the good-natured ribbing of fellow members. Fitness, even.

The contributions in *Stories Men Tell*



range from the absorbing to the dramatic to the very moving. Just a few show smugness and only a couple are downright dull. Some of life's lessons as described have been painfully learnt, both physically and emotionally. Too many fall off motorbikes and suffer serious injuries (when will they ever learn? I wondered). Mercifully, there is little mention of golf.

Peter Spring's account of growing up in then-Western Samoa and Thomas Fletcher's boyhood in the isolated Hokianga are both affecting, as is Hugh Garlick's account of greeting his father at the Auckland Railway Station upon his return from World War II. Glynn Cardy relates incidents precipitated by St Matthew-in-the-City's mischievous Christmas billboards, and Simon Grigg writes a heartfelt tribute to the late entrepreneur Phil Warren. Mark Sainsbury recalls a medical crisis that Sir Edmund Hillary survived in Nepal.

There is a lengthy account by political scientist Joe Atkinson of his precedent-setting defamation battle with David Lange. If there is an element of bitterness in Atkinson's essay, this is unsurprising: Lange's vindictiveness over a fairly innocuous Atkinson column about him in *North & South* was the former Prime Minister's most perplexing campaign.

The best stories personify what men value in each other's company: loyalty, courage, good humour, self-effacement.

The book is handsomely designed and produced. A pity, though, that the cover photo looks like one of a staircase leading from a police holding cell to the dock in the courtroom above.

Also, more rigorous editing would have replaced the text's linguistic divots and deleted the rash of superfluous exclamation marks.

As with the Atrium Club, Portnoys meetings are accompanied by vigorous exercise. This consists of regularly twisting the caps from wine bottles, then repeatedly lifting glasses from the table to the mouth. The liveliness of the conversation ensures that the organ most exercised over lunch is the brain. Lange was a guest several times. A great raconteur, he always showed appreciation of an amusing story told by a fellow luncher.

The committee was also once involved with the administration of the Sargeson Literary Fellowship, and usually we

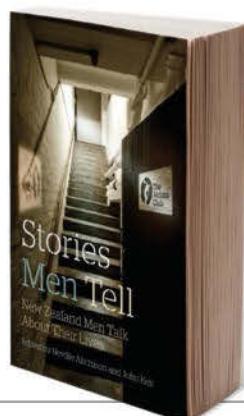
Occasionally the wine intake of the committee and its guests gets a little out of hand.

invited the incoming fellow down from the Sargeson Centre in Albert Park to join us. In this way we welcomed writers such as Sarah Quigley, Emily Perkins, Julian Novitz, Karyn Hay and the *Listener*'s own Mark Broatch.

Occasionally the wine intake of the committee and its guests gets a little out of hand. Last year, one distinguished Australian poet had to be carried down the stairs, still spouting his own verse. On another occasion a long-time committee member took a taxi home but directed it to the house he had moved out of 12 years before. ■

STORIES MEN TELL – NEW ZEALAND MEN TALK ABOUT THEIR LIVES, edited by Neville Aitchison and John Keir (Mary Egan Publishing, \$38).

Graeme Lay's latest book is the novel James Cook's Lost World (Fourth Estate).



MUSIC

by James Belfield

Rihanna delivers

The R&B megastar takes fans into new territory with her long-awaited *Anti* album.

Blood-spattered accountant-killer or McCartney and Kanye-collaborating balladeer?

After an unexpectedly big gap between Rihanna studio albums (38 months is a long time in the music biz, especially for someone who'd marked four successive Novembers with hit-machine full-length releases), it was always going to be interesting to discover which persona the Barbadian megastar would adopt.

But – thankfully, some might argue – *Anti* ignores the 2015 schlocky *Bitch Better Have My Money* and schmaltzy *FourFiveSeconds* in preference for a wide-ranging exploration of nu-wave R&B and more low-key hook-ups.

The glitchy *Consideration* sets the tone



with Rihanna's stoner slur up against the neo-soul of left-field up-and-comer SZA, before the minimalist weed-anthem *James Joint* drifts through its 72 seconds and bursts into the 80s soft-rock-drenched *Kiss It Better*. This is already foreign territory for fans of *Diamonds* or *Stay* but heralds someone willing to play around with a music style that is setting the creative standard as the millennium passes through its troublesome teen years.

The ubiquitous Drake enjoys a dialled-back verse on the gappy dancehall lead single *Work*, Travis Scott and Abel "the Weeknd" Tesfaye get writing credits on *Woo* and Timbaland takes the desk for

Yeah, I Said It to ensure the A-list gets in on the action.

But Rihanna's decision to cover the outstanding futuristic soul of West Aussie Tame Impala on the beautiful *Same Ol' Mistakes* and even play around with Dido's impish folk pop in *Never Ending* is both brave and successful.

To match this new direction, Rihanna also pushes her voice further than in past offerings, with the closing three tracks showcasing her talents through *Love on the Brain* and *Higher* (which revel in an Amy Winehouse-esque tortured self-destruction) and piano ballad *Close to You*, in which her smoky drawl is sweetened by softness. ■

ANTI, Rihanna (Roc Nation) ★★★★

GETTY IMAGES

Short cuts

Putting the trip back into trip-hop, Christchurch duo Doprah's debut full-length is brazenly psychedelic and dreamily beautiful. *Subaeruginusa* may be named after a local psilocybin-drenched shroom and *San Pedro* after a cactus trip, but all 11 tracks bubble and swerve with such stuff as dreams are made of weaving the gentle shuffling *Wool* and dark, gloopy *Wormhole* around future-folk offerings such as *Borderline* and *Lucid Visions*. In 2014, the combination of Indira Force's Bjorkish vocals and Steven Marr's otherworldly production gained them international "next big thing" status and overseas tours – now's their time to shine.

WASTING, Doprah (Arch Hill) ★★★★



Little beats the euphoria of simple repetition and you get the impression that when the three famous names behind Lnzndrf gathered in a Cincinnati church, they were in a damned good mood. The threesome (the National's Devendorf brothers, Scott and Bryan, and Beirut's Ben Lanz) even forwent vowels in their surname-based title, suggesting a minimal approach to building guitar-driven sparkly drone-rock, but the effect is as monumental as its birthplace. The church setting eventually inspired 30-minute jam sessions, from which these eight tracks emerged, and an overall ecstatic tone underpinned by the mantra-like "working on nice things, kind things".

LNZNDRF, Lnzndrf (Rhythmethod) ★★★★



It's been half a decade since *Heligoland*, which makes any Massive Attack release – even a four-track EP and an interactive iPhone app – something of an event. But it's been more than two decades since the Bristol trip-hoppers worked with Tricky, which makes *Take It There* a landmark. All four tracks are collaborations (Roots Manuva, Azekel and Young Fathers also show up), but the overall mood is that thrilling mix of menace and claustrophobia, which Massive Attack have excelled at for more than three decades. There's promise of a new full-length this year too.

RITUAL SPIRIT EP, Massive Attack (Universal) ★★★★



SPOTLIGHT



STAY, by Sir Antony Gormley

Christchurch rebuilds its arty heart

Art never left Christchurch, but the earthquakes shook it from the minds of many as they focused on more immediate concerns. Five years on, those synapses are being rebuilt, although they've been tested again recently. The Christchurch Art Gallery has reopened, complete with Michael Parekowhai's *On First Looking into Chapman's Homer; Bebop*, Bill Culbert's topsy-turvy work from the Venice Biennale; and Martin Creed's bold neon assertion *Everything Is Going to be Alright*. Also newly reopened, after a \$4 million rebuild, is the Centre of Contemporary Art's Mair Gallery, with the multi-artist *Precarious Balance*. Close to both galleries is *STAY*, a cast-iron figure by British artist Sir Antony Gormley, situated mid-current in the Avon. It will be joined by an identical figure in the northern quadrangle of the Arts Centre. Says Gormley: "The works take a single moment of human time and place it in two distinct contexts: a tree-lined river where the trees were unscathed and the river never ceased to flow, and an historic building that, although damaged, survived the quake. *STAY* is non-monumental, at human scale; neither a landmark nor an icon, but a quiet catalyst for reflection." — Mark Broatch

TOP 10 FICTION

- 1 **ORPHAN X**, by Gregg Hurwitz (Michael Joseph)
- 2 **THE CHOICE**, by Nicholas Sparks (Sphere)
- 3 **ALL THE LIGHT WE CANNOT SEE**, by Anthony Doerr (Fourth Estate)
- 4 **YOU AND ME, ALWAYS**, by Jill Mansell (Headline Review)
- 5 **AFTER YOU**, Jojo Moyes (Michael Joseph)
- 6 **BLUE**, by Danielle Steel (Bantam Press)
- 7 **GREY**, by EL James (Arrow Books)
- 8 **THE WIDOW**, by Fiona Barton (Bantam Press)
- 9 **THE GIRL ON THE TRAIN**, by Paula Hawkins (Doubleday)
- 10 **ME BEFORE YOU**, by Jojo Moyes (Michael Joseph)

TOP 10 FILMS

- 1 **DEADPOOL**
- 2 **ZOOLANDER 2**
- 3 **THE REVENANT**
- 4 **THREE WISE COUSINS**
- 5 **BROOKLYN**
- 6 **DIRTY GRANDPA**
- 7 **CAROL**
- 8 **SPOTLIGHT**
- 9 **THE FINEST HOURS**
- 10 **STAR WARS: THE FORCE AWAKENS**

Ryan Reynolds in *Deadpool*

FILM

by James Robins

Flagrant vagrant

The inimitable Maggie Smith is ghastly but endearing in a true-to-life tale.

THE LADY IN THE VAN

directed by Nicholas Hytner

Avile smell is wafting through the leafy lanes of north London, offending nostrils and sensibilities. The culprit is a belligerent homeless woman named Mary Shepherd and her custard-yellow van filled with bin-bags of ancient anoraks and rotting newspapers.

Despite the upturned noses of neighbours, a celebrated playwright allows her to move onto his driveway. Remarkably, he lets her stay for 15 years. Even more remarkable is that this happened to Alan Bennett, who made good copy out of his



Homeless with a message: Maggie Smith and Alex Jennings in *The Lady in the Van*.

Figures of fun

Charlie Kaufman's puppet tale ponders life's biggest questions.

ANOMALISA

directed by Charlie Kaufman & Duke Johnson

Is *Anomalisa* supposed to be a comedy? Watching a 30cm-tall puppet go to the toilet, smoke cigarettes, sing Cyndi Lauper's *Girls Just Want to Have Fun* and have (thankfully brief) sex is liable to bring on the giggles. Like an angsty R-rated episode of *Wallace & Gromit*, or maybe *Chicken Run*.

Writer/director Charlie Kaufman is

best-known for scripts that drip with loneliness and Kafka-esque paranoia (*Adaptation*, *Being John Malkovich*), not comedy. *Anomalisa*, a stop-motion animated production, looks to evoke this sense of dourness and existential isolation. Somehow it all becomes unintentionally funny.

Michael Stone (grey-haired, paunchy, underpinned by David Thewlis' flat Lancashire accent) is a guru for corporations, teaching customer service departments to, as the title of his supposedly influential book states, "help you help them". He flies to Cincinnati on a rainy night already thinking about leaving his wife and child (Ohio has that sort of reputation). Moping around his hotel room with vodka in hand, he hears a voice from the hallway. It's Lisa (Jennifer Jason Leigh), and she's not like other girls. She's not even like any other human being – the only other dissenter in a universe populated by puppets with the same

face and voice. A depressive tale suddenly takes on a more dystopian edge.

The puppets are wonderful creatures. They blink and have teeth, and bring forth a greater range of emotion than your average *Thunderbirds* pilot. But they're still stunted. It's tempting to suspect that those limited emotional facilities belong to Kaufman. He wants to explore the nature of identity and critique cut-and-paste consumerism. But in doing so he conjures up bizarre scenarios that crumble into absurdity. In a moment of intended tenderness, Lisa really does sing Lauper's hit in its entirety, and then again in another language. When the film pushed for tears, I found myself stifling inappropriate laughter.

"What is it to be human? What is it to ache?" Stone ponders. It's a question *Anomalisa* seems unwilling, or perhaps unable, to answer. ★★

IN CINEMAS NOW

unwelcome tenant, originally writing the play of the same name from which this film adaptation comes.

Like most of Bennett's beloved work, the story is grounded in a very English kind of mundanity fuelled by cups of tea and liberal guilt. The film, however, as with the play, transcends the shackles of reality: there are two Bennetts (both played convincingly by Alex Jennings), standing in for Bennett the Man and Bennett the Writer, the former leaning in doorways scolding the deskbound latter for even thinking about using Shepherd as inspiration. It's an ethical debate but also an intimate one.

Over more than a decade, both Writer and Man come to respect this smelly woman who blocks the view.

Maggie Smith plays the titular lady as only she can – shrill and incorrigible but completely endearing. Smith's deeply

wrinkled face is an engraving of the life she's escaping from.

A brief moment in Bennett's library, a book open in her lap, reveals a startling history divorced from her present condition. We see a few episodes from that dark past in flashback, sombre moments of Smith sitting alone at a piano simply remembering.

Elsewhere, though, the film is all dry wit and jaunty interludes. Much of the (somewhat guilty) joy is in seeing Shepherd berate the respectable types who attend her van-palace and ply her with baked goods, then shutting the Bedford's door without a word of thanks. Although

played for laughs, Bennett's message seems evident: be nice, even to the unkempt and unkind, because you never know what sort of life someone might have had. ★★★★

IN CINEMAS FEBRUARY 25



Bennett's message seems evident: be nice, even to the unkempt and unkind.

Anomalisa:
wonderful
puppets
but they struggle
with emotion.



How to Be Single

Now showing

How to Be Single

Dakota Johnson again proves to be a charming presence in this *Sex and the City*-style romp concerned with dating and wealth, updated for a younger generation. [James Robins] ★★★

Concussion

A melodrama dressed as a paranoid cover-up thriller. Will Smith gives a wiggy, accented showing as a doctor who uncovers the dangers of those massive hits in American NFL. [JR] ★★★

Zoolander 2

Ben Stiller's celeb cameo-filled second turn as magnum-flashing dimwit Derek Zoolander lacks any of its forerunner's preciously rare edge. [JR] ★★

Deadpool

This origin story of an irreverent mutant superhero who looks like Spider-Man but really has a thing for Wolverine is an enjoyable pisstake of the genre, except the balance between comedy and violence seems off. [Helene Wong] ★★★

Carol

A story of forbidden love that oozes elegance and grace. Todd Haynes' direction is masterful; it could almost be a silent film. Cate Blanchett and Rooney Mara immerse us in their embrace. [JR] ★★★★★

Three Wise Cousins

Uneven pacing and acting, but this cultural coming-of-age story shot in Auckland and Samoa delivers unique humour and fresh faces. [HW] ★★

The Finest Hours ★★★

Steve Jobs ★★★★

The Hateful Eight ★★★

Room ★★★★★

Spotlight ★★★★

Brooklyn ★★★★★

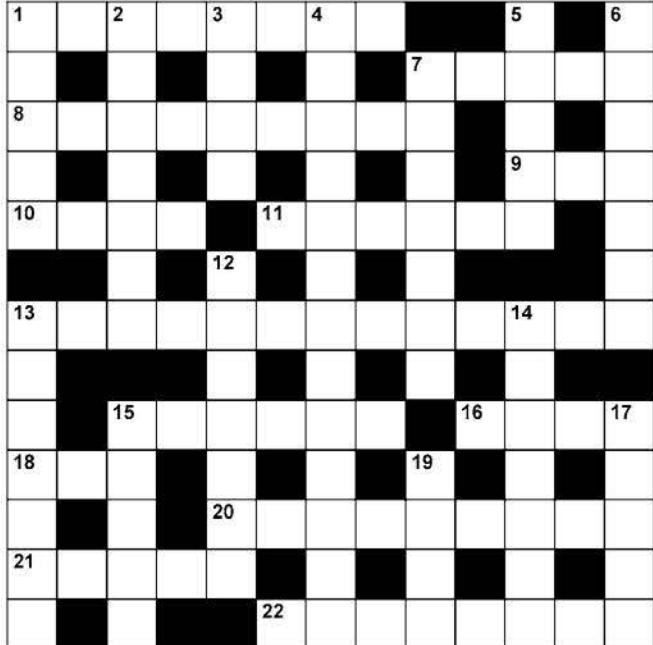
Films are rated out of 5:
★ (abysmal) to ★★★★★ (amazing)

QUIZWORD by Alan Shuker

Puzzle No 1355

Clues across

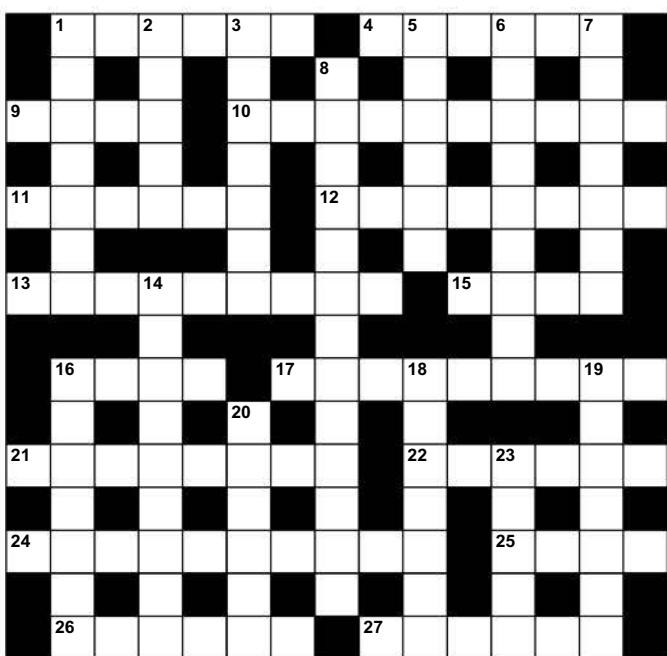
- What describes someone who is most active during the hours of darkness? (5,3)
- In ancient Greece, what was thrown at someone to symbolically declare one's love? (5)
- Who became Andy Murray's coach in 2012? (4,5)
- What is the egg of a head louse? (3)
- What animals gave the Canary Islands their name? (4)
- What infused drink was a favourite of Hercule Poirot? (6)
- Stephen Fry was best man at which actor's wedding in 1990? (5,8)
- What protein in cereal grains gives cohesiveness to dough? (6)
- In Greek mythology, who is goddess of the rainbow? (4)
- What broad sash is worn round the waist of a kimono? (3)
- Mozart suffered from what painful condition from an early age? (9)
- The story *The Four Marys* appeared in which British comic for girls from its creation in 1958 to its end in 2001? (5)
- What is a common name for the tibia? (8)



Solution 1354 Across: 7 Helios, 8 Fedora, 10 Cholera, 11 Cider, 12 Ryde, 13 Otira, 17 Mauve, 18 Size, 22 Perth, 23 Neville, 24 Dewlap, 25 France.
Down: 1 Chicory, 2 Almonds, 3 Honey, 4 Mercury, 5 Fonda, 6 Cairn, 9 Mantovani, 14 Baghdad, 15 Finland, 16 Leveret, 19 Spode, 20 Brawn, 21 Ivory.

CROSSWORD by David Tossman

Puzzle No 964



Clues across

- Standard working vessel (6)
- Even though Victoria's consort lost right to be replaced by one ... (6)
- ... a South American ruler takes some curtain calls (4)
- Hawk is fed by prior arrangement (4,2,4)
- Store with time gains prestige (6)
- The sameness of some long-standing inhabitant (8)
- Corrupt scholar grabs one grand for members of the ruling elite (9)
- I'm into record: a floppy disk? (4)
- Misplace, say, the comfort stops (4)
- Disheartened fool said to have been all of a quiver (9)
- Earn small drink for instance in provincial city (8)
- Not completely at home with acting job (2,4)
- Serenaded girls in shades (10)
- Chop end off potato to make pipe (4)
- Pointless navigation instrument still in existence (6)
- An adage regarding the best form of advertising? (6)

Clues down

- Face first wild animal with appreciative correspondence (3,4)
- Australian leader used to be happy initially being covered with water (5)
- Satellite made with gold tooth (7)
- Femme fatale in new role gets internal approval (6)
- Identify with pastime he devised (9)
- A wooden crown problematical to Peter (7)
- He has an eye for the birds but not too girlish in fashion (13)
- A salutation with hot dog and gin cocktail (4,5)
- Ecstasy is used in sweetener to get some time off (7)
- Want a drink? Try this concoction (7)
- A certain amount of rectitude borne in uprising when given a coat (7)
- Wrench for Republican in European kingdom (6)
- Barbecue area built in anticipation (5)

Solution No 963



NORTH
 ♠ A 9 5 4 2
 ♥ A 10 9 7
 ♦ K J 3
 ♣ 2

WEST
 ♠ 8
 ♥ Q J 3
 ♦ 9 6 5
 ♣ Q J 8 7 6 3

EAST
 ♠ Q J 10 6
 ♥ 6 2
 ♦ 10 4 2
 ♣ 10 9 5 4

SOUTH
 ♠ K 7 3
 ♥ K 8 5 4
 ♦ A Q 8 7
 ♣ A K

North-South game, dealer South

West	North	East	South
—	—	—	1H
Pass	4C	Pass	4NT
Pass	5H	Pass	6H
All Pass			

North's 4C was a splinter bid, showing a sound game-raise in hearts with at most one club. How would you play the resultant small slam in hearts when West leads the eight of spades? Australian international Margi Bourke won the spade lead with the king and drew two rounds of trumps, both defenders following. To

avoid a spade loser, she now needed to throw in the defender with the last trump at a time when he would have no safe exit. Declarer cashed the ace and king of clubs and led a spade towards dummy's ace. If West ruffed a loser, it would be the last trick for the defence. When he discarded a club instead, Bourke won with the spade ace and continued with three top diamonds, everyone following. West declined to ruff the fourth diamond but was thrown in with a trump. Only two cards were left in each hand. Both dummy and declarer's hand contained a losing spade and a trump. Unfortunately West had two clubs.

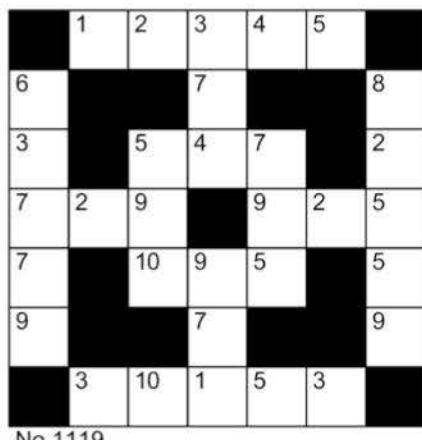
He had to return one of them and the ruff-and-discard allowed declarer to make the last two tricks. Since West was almost certainly marked with a spade shortage after his lead of the eight, it was clear to win the opening lead with the king, so that a second spade could be led towards the ace.

BIDDING QUIZ

WEST	West	North	East	South
♦ 5	—	1H	1S	Pass
♥ A Q 9 6 2	?			
♦ J 9 4				
♣ 10 8 5 2				

What will you say now on the West cards?
(Answer on page 64)

TAKE 5 by Simon Shuker



No.1119

Enter the letter given, then solve.

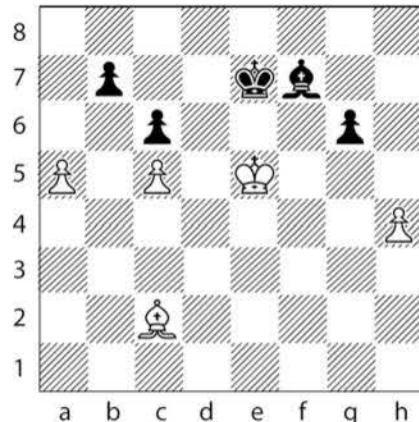
9 = R

Solution 1118



For explanations of previous cryptic crosswords, see David Tossman's blog at www.listener.co.nz/cryptic-crosswords

BARDEN'S CHESS PROBLEMS



Nigel Short v Sergei Rublevsky, Karpov tournament, Poikovsky, 2012

Former world title challenger Short, 50, has visited more than 100 countries but he faced a challenging assignment at an annual Russian tournament staged in a Siberian oil town under the patronage of former champion Anatoly Karpov. The Englishman got off to the best possible start with this subtle bishop endgame where at first glance Black has created an impassable defensive barrier. How did Short (White, to play) induce resignation in just three moves?

(Answer on page 64)

Wordsworth

by Gabe Atkinson

Readers were asked to send in examples of misheard song lyrics. Dunedin's Sandra McCord recalls: "As a child I thought *A Must to Avoid* by Herman's Hermits was *A Muscular Boy*."

Jemma from Yarraville, Australia: "It wasn't till I was an adult I realised the Paul Young song *Every Time You Go Away* didn't say 'you take a piece of meat with you'. It made perfect sense to a five-year-old."

Emily Anderson: "As a teenager I overheard my younger sister singing Michael Bolton's 'How can we make love if we can't make our beds' (How can we make love if we can't make amends)."

Whitianga's Eliza Reed writes: "For my entire childhood I believed the line in our national anthem was 'Guard Pacific's crippled star'."

Porirua's Daphne Tobin recalls a boy singing "Australians all let us ring Joyce, for she is young and free".

In the song *What a Feeling*, Karori's Elizabeth Newton heard "Take your pants down and make it happen" (Take your passion and make it happen).

Picton's Nozz Fletcher: "If your weak heart starts to flutter, it's goodbye" (If your sweetheart sends a letter of goodbye).

Queenstown's Brent Carlsson is the winner with a puzzling dinner invitation from God in Handel's Messiah: "Come for tea! Come for tea, my people!" (Comfort ye).

The next contest is to take an existing word and come up with an alternative definition. For example, elixir – how a male lion cleans a female. Entries, for the prize below, close at noon, Thursday, March 3.

Submissions: wordsworth@listener.co.nz or Wordsworth, NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141. Please include your address.

WIN THIS

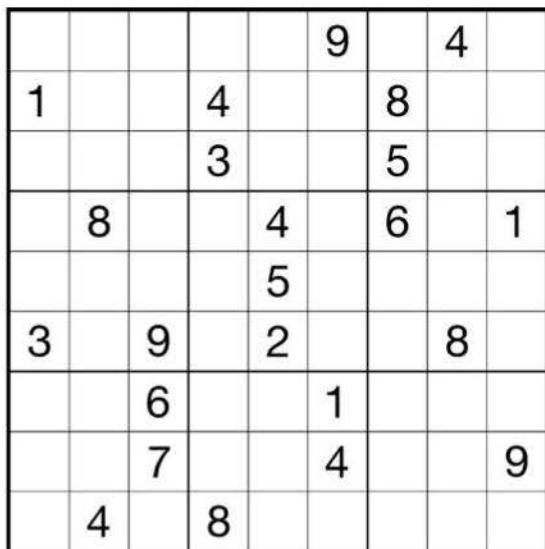
The winner of this week's contest will receive a two-disc special-edition DVD of *Sherlock: The Abominable Bride* in which Sherlock Holmes and Dr Watson are transported to 1890s London.



su | do | ku

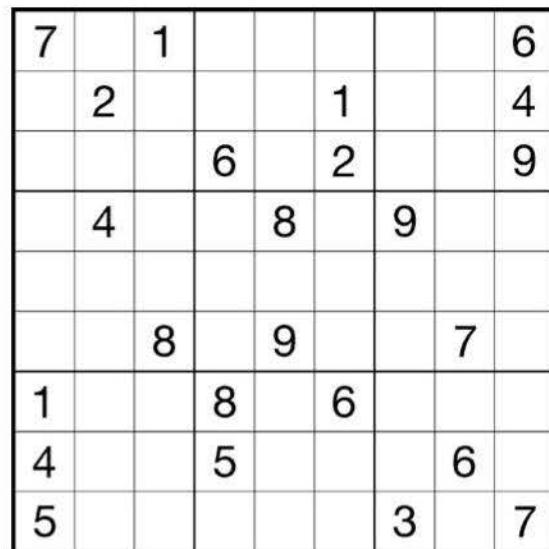
Fill the grid so that every column, every row and every 3x3 box contains the digits 1 to 9.

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532

MEDIUM



343

HARD



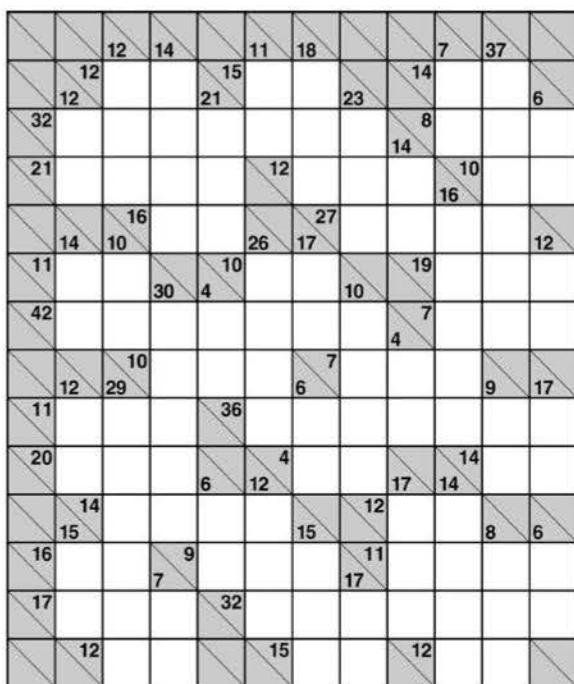
LAST WEEK'S
SOLUTION



LAST WEEK'S
SOLUTION

KAKURO

506



1. Place a number from 1 to 9 in each empty box.
2. The sum of each vertical or horizontal block equals the number at the top or on the left of that block.
3. Numbers may be used only once in each block.

LAST WEEK'S SOLUTION



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BRIDGE BIDDING QUIZ SOLUTION

Your partner has only overcalled at the one-level, which does not show any great strength. To respond 1NT, facing an overcall, is a constructive move and shows more like 9-12 points. You should therefore pass. The fact that you do not like partner's chosen trump suit is rarely an excuse to carry the bidding higher.

Awards: Pass – 10, 1NT – 5.

CHESS SOLUTION

1 Bd3! Be8 (if Kd7 2 Kf6 wins the g6 pawn and White's h4 pawn marches to queen) 2 Be4! (now Black is in zugzwang, compulsion to make a losing move) Bf7 3 Bxc6! and Black resigned because of bxc6 4 a6.

10 QUICK QUESTIONS ANSWERS

1. Cinquain.
2. Slander.
3. The London Beer Flood killed eight people.
4. Scheider played Police Chief Martin Brody.
5. North America.
6. Pitcairn Islands.
7. True.
8. Corn.
9. *Fiddler on the Roof*.
10. Anticlockwise.

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Spy writer comes in from the cold

John le Carré's first TV adaptation in 25 years evades the pay wall in a free-to-air coup. **by entertainment editor FIONA RAE**

It's rare these days to see quality television outside the digital ring-fence of pay TV, but TV3 has apparently uttered the correct incantations and sacrificed the right number of chickens to nab six-part BBC series *The Night Manager* (TV3, Sunday, 8.30pm).

As the first John le Carré television adaptation in 25 years, it is eagerly anticipated in the UK, where it will screen just a week before we see it here. It stars Tom Hiddleston who, before he

shoplifted the Avengers and Thor movies as the naughty Norse god Loki, was a Lawrence Olivier Award-winning Shakespearean actor.

It also stars our favourite grumpy doctor, Hugh Laurie, who has been stretching his muscles since long-running US series *House* with roles in *Veep* and *Mr Pip*, and here plays villainous arms dealer Richard Roper.

Le Carré's 1993 post-Cold War novel about an undercover operation to stop

the illegal sale of weapons to drug barons in Central America has been updated to the Middle East "where democracy even now is being shot down every time it lifts its head", says le Carré.

The author is delighted with the changes that *Spooks'* writer David Farr has made, in particular casting the "majestically pregnant" Olivia Colman as intelligence operative Angela Burr, who recruits Hiddleston's Jonathan Pine to infiltrate Roper's inner circle.

"I dearly wish I had written her into the novel instead of her ponderous husband," says Le Carré. "But I didn't. So all I can do is welcome her to the family and thank my lucky stars that the writer and producers had the wit to conjure her into life."

Le Carré is so chuffed about the series, which is directed by Oscar-winner Susanne Bier, that he makes a cameo appearance in a restaurant scene shot in Mallorca.

The cast is rounded out by



The Night Manager, Sunday.

the superb Tom Hollander, who is Roper's fixer Corkoran, and Elizabeth Debicki as Roper's girlfriend, and catnip for Pine, Jed. British actors David Harewood, Tobias Menzies, Natasha Little and Russell Tovey also appear and the fabulous locations include Roper's Bond villain-style lair in Mallorca, as well as Switzerland, Morocco and London.

At its heart, the story is about the dynamic between Pine and Roper, the former a lost soul and the latter a corrupted one. "There are moments when Pine teeters on the brink of the dark side," says Laurie. "At the same time you might wonder whether Roper is teetering too – that somewhere inside he wants to be caught." ■



Partners in Crime, Saturday.

Television

by FIONA RAE

The Best of the Week

SATURDAY FEBRUARY 27

The Nation (TV3, 9.30am).

No more 3D, but there is 3D reporter Phil Vine joining *The Nation* team of Lisa Owen and Patrick Gower for another year of political analysis and interviews. Maori Television also launches a new current affairs series this week – *Kawe Korero: Reporters* begins on Tuesday at 11.00pm.

Partners in Crime (Prime, 8.35pm). With ITV closing the final chapter on Poirot and Miss Marple, the BBC was looking to become the new home of Agatha Christie adaptation with this six-part series featuring two

The Nation, Saturday.

of Christie's lesser-known detectives. It helped that last year, when this screened in the UK, it was the 125th anniversary of Christie's birth (a three-part adaptation of *And Then There Were None* also screened), but a second series has not yet been commissioned. It may be that David Walliams – usually seen camping it up in one of his own comedies – lacks a little chemistry with the lovely Jessica

Raine
(Call

Good for a Laugh!
Live at the Apollo,
TV3, Sunday, 9.30pm

the
Midwife's
Jenny Lee
as Tommy
to her Tup-
pence. There are

two three-part adaptations of Christie novels, *The Secret Adversary* and *N or M?* and the excitement-seeking Beresfords have been set in the post-WWII Cold War period rather than the 1920s. They're ripping yarns (Soviet spies, criminal masterminds, missing scientists) rather than dark mysteries, but eminently watchable with superb costumes and settings.

MONDAY FEBRUARY 29

The 88th Annual Academy Awards (Sky Movies Premiere, Sky 030, 2.30pm). Well, what will presenter Chris Rock say about the white people's Oscars? He's possibly the





Kitchen Impossible, Thursday.

only interesting thing about the ceremony this year, which is sure to lavish accolades all over Leonardo DiCaprio for *The Revenant* and probably *Spotlight*, the movie about the *Boston Globe* investigation into the Catholic Church. If it was up to us, *Room* would get all the Oscars, but there are a lot of contenders, including long-shot *Mad Max: Fury Road*. Naturally, *Fashion Police* will have something to say about the frocks – Melissa Rivers and the team bitch it up on E! (Sky 014), Wednesday, 8.30pm.

House Rules (TV3, 7.30pm tonight and Tuesday). Funny how we thought it would never end, but the final is, er,

finally here, although spread over two nights. Does this mean *The Block NZ* is ready to go again? Only time, and the anguished cries of nearby residents, will tell.

TUESDAY MARCH 1

The Bridge (Rialto, Sky 039, 8.30pm). Skål, Nordic noir fans, it's the return of Porsche-driving, leather trouser-wearing Swedish copper Saga Norén (Sofia Helin) and a new, deeply disturbing murder mystery. Sadly, Martin Rohde – the Morecambe to Saga's Wise – is in jail, so Saga is faced with a new partner in crime,

played by Thure Lindhardt. There are quite a few emotional challenges for the autistic Saga in season three, including the sudden reappearance of her estranged mother. For more Nordic drama, season two of Danish series *The Legacy* begins on Sky Arts (Sky 020) on Saturday (8.30pm).

Documentaries

by FIONA RAE

From the country that brought us *Benefits Street* comes **How the Rich Get Hitched** (TV1, Tuesday, 9.30pm), a look at people who are spending up to £40,000 – nearly \$90,000 in our money – on a wedding dress. The doco features bridal couture designer Caroline Castiglione and her Knights-

bridge store, where the medium wealthy and the seriously loaded go for the best that money

can buy. Some come from overseas or are planning weddings on the continent. One such is Iranian socialite Gissa, whose dress is embroi-

THURSDAY MARCH 3

Kitchen Impossible (TV2, 8.30pm). "Don't call them contestants," says Michel Roux Jr. "They're not competing." Roux does not like competition cookery shows, at least not since he left *MasterChef: The Professionals* after a row with the BBC, and in this series, he's teaching kitchen skills to eight young people with learning disorders. There are kids with autism, Down syndrome and Tourette's – it was a learning curve for him as well. "I had never encountered them before so it was very hard," Roux told the *Radio Times*. "But I adapted. Tourette syndrome, though ... absolutely shocked me." Gordon



dered with 200,000 sequins and 50,000 beads. Another, Katie, is planning a wedding in Spain. Her dress features 250,000 beads. A hotel heiress has a dress made from one of the most expensive silks, although it cost a mere \$20,000. Her wedding was at a hotel belonging to the family, of course, but she imported

How the Rich Get Hitched, Tuesday.

Ramsay wouldn't have been shocked, pal.

Trashformers (Choice TV, 8.30pm). Choice goes green with a new line-up that includes *Tiny House Nation* at 7.30pm; BBC series *Trust Me I'm a Doctor*, presented by Michael Mosley (who features in our cover story this week) at 9.30pm; and this "upcycling" show in which designers craft new stuff from junk. They're quite large bits of rubbish, such as planes, Ferris wheels and buses, so there's plenty of scope, but the show is framed as a competition so that whichever team makes the item of most value wins. Food telly fans are not neglected, however: there are still plenty of cooking shows on Choice, including *Jerusalem on a Plate* (Sunday, 5.30pm), in which chef Yotam Ottolenghi explores the flavours and recipes, both Arab and Jewish, of Jerusalem.



Again with the disappearing planes: in the season-two opener, Téa Leoni's Elizabeth McCord becomes POTUS when communications are lost with Air Force One over the Pacific. This is how she became Secretary of State in the first place. So is the series

Trashformers, Thursday.

6000 flowers from the Netherlands and hired a 20-piece brass band and a Victorian carousel.

Wedding planner Bruce Russell also features; he can make pretty much anything happen, and is seen showing a client around the Savoy Hotel in London, where a wedding of 350 guests would set her back about \$155,000. Meanwhile, the

now about the first female US President? Eh ... well ... In a spot of curious topicality, the episode begins with the Vice-President on the golf course hosting a delegation of dignitaries there for "Trans-Pacific Trade Partnership" talks. Morgan Freeman, an executive producer, directs the episode and makes an appearance, and two other well-known actors, Tate Donovan and Eric Stoltz, will also direct episodes during the season. Stoltz also appears as Elizabeth's brother.

Dark Matter (The Zone, Sky 009, 9.30pm). Canada's fertile sci-fi industry produces another interesting series full of attractive humans in space. *Dark Matter* is based on the comic-book written by two former Stargate executive producers about the crew of a space ship who wake up without identities or memories. Lots of twists and turns keep things moving; fan favourite Wil Wheaton has a guest role and a number of former Stargate actors pop up too. While we're still in the sci-fi zone, new series *The Expanse* premieres directly before *Dark Matter* at 8.30pm; it's adapted from the series of novels by James SA Corey and stars Thomas Jane as a detective in a future where humans have colonised much of our Solar System.

go-to guy for bling is couture jeweller Andrew Price, who says his creations are "a celebration".

As for the extravagance, it's all relative, says Castiglano. "The most important people in your life have come to attend this day. It all comes down to the same thing – it's what you want to spend money on and what matters to you."

Online

by FIONA RAE

Catch of the Week

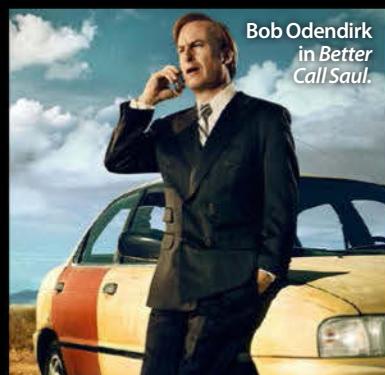


THE CRAFT: Actors, like musicians, are always their most animated when discussing their job, and although it's a bit of a luvvie-fest, *Variety*'s YouTube series *Actors on Actors* features some brilliant chats between thespians. In this meeting, Ian McKellen admits to Cate Blanchett that he's rubbish at accents: tinyurl.com/NZLlanandCate. Other chats include Benedict Cumberbatch and Edward Norton, Ralph Fiennes and Christoph Waltz, and Lily Tomlin and Amy Schumer.

GOODBYE PAPER: The UK's *Independent* newspaper has announced that from March it will become digital-only, pointing the way forward for a changing industry, although it helps if your website has a global audience – 70 million unique users, according to the press release – and is profitable. The Indy's website has moved to a "tile" design, and features a ton of video: independent.co.uk/video.

SVOD HIGHLIGHT: What's good in subscription video on demand. Just what is Vince Gilligan going to do with Jimmy McGill (Bob Odenkirk) in season two of *Better Call Saul*? Big changes ahead, apparently, including Jimmy's full transformation into Saul

Goodman, the lawyer we know and love and who tried to keep Walt out of trouble in *Breaking Bad*. Lightbox (lightbox.co.nz) has episodes from February 16.



For links go to www.listener.co.nz/online

*Lord of War*, Saturday.

TV Films

by FIONA RAE

A Guide to the Week's Viewing

SATURDAY FEBRUARY 27

Indiana Jones and the Last Crusade (TV3, 7.00pm)

Movies should never have "last" in the title, because as every Star Wars fan knows, franchises never die, they're just reimagined. No 3 of 4 was a better Indy after the lengthy and violent *Temple of Doom* (Steven Spielberg reportedly made it in part as an apology to producer George Lucas for *Doom*); the inclusion of Sean Connery as Henry Jones Sr gives the adventure to beat the Nazis to the Holy Grail surprising emotional heft. (1989) **★★★**

Interstellar (Movies Premiere, Sky 030, 8.30pm). Christopher

Nolan may have been trying to make a contemporary 2001: *A Space Odyssey* (and reference every sci-fi movie from *Star Wars* to *The Right Stuff*), but *Interstellar* is so stuffed with big, important themes it is roughly three movies in one. There's the search for a new home for humanity by Matthew McConaughey and Anne Hathaway; there's the father-daughter relationship between McConaughey and Mackenzie Foy; there's a dry, dying Earth and the disregarded son who is trying to save it; and there's an, albeit vague, love story between McConaughey and Hathaway. Just for fun, Nolan throws in

a murderous spaceman and some robots. Yes, the science is real, but after nearly three tedious hours, you won't care. (2014) **★★**

The Guardian (TV2, 9.05pm)

Kevin Costner's God complex (think *The Bodyguard*, *Waterworld*, *The*, er, *Postman*) finds another outlet with this recruitment video for the US Coast Guard Rescue Swimmers. If you thought it couldn't get any worse, Ashton Kutcher is the dunderhead rookie whom grizzled Kev must whip into shape. Verdict: wet. (2006) **★★**

Lord of War (TV3, 9.30pm). As with *Gattaca* and *The Truman Show*, New Zealander Andrew Niccol turns a Very Good Idea into a movie, although there is less story and more polemic

in this satire about the global arms industry. Nicolas Cage is Niccol's cypher, a Ukrainian-American gunrunner whose voice-over runs for most of the film. Bon mots include: "After the Cold War, the AK-47 became Russia's biggest export. After that came vodka, caviar and suicidal novelists", and "There are over 550 million firearms in worldwide circulation. That's one firearm for every 12 people

on the planet. The only question is: how do we arm the other 11?" Ethan Hawke is the idealist tracking him, but it's a fool's errand. (2005) **★★★**



SUNDAY FEBRUARY 28

Bruce Almighty (TV2, 8.30pm)

Jim Carrey's wacky shtick lost currency several movies back and in this flick about



Indiana Jones and the Last Crusade, Saturday.



Midnight in Paris, Sunday.

a newsman who is given the power of Almighty God, it's a sin how safe and predictable he's become. The notion of a human with heavenly powers is never made into more than a bunch of occasionally funny gags, and Jennifer Aniston doesn't have much more to do than react to Carrey. (2003) **★★★**

I Wish (Maori, 8.30pm). Charming, beautifully observed film about 12-year-old Koichi, who simply wishes his family could be reunited and pins his hopes on a playground story that when two new bullet trains pass each other a miracle can happen. He and his brother Ryu, who lives 140km away with their dad, hatch a plan to skip school and meet at this

magic point. Director Hirokazu Kore-eda allows the story to unfold delicately, almost meanderingly, and he elicits lovely, natural performances from siblings Koki and Oshiro Maeda. (2011) **★★★**

Midnight in Paris (Choice TV, 8.30pm). The Woody Allen movie widely regarded as his

real return to form, after *Vicky Cristina Barcelona* turned out to be a fake return to form. It's a light and frothy contrivance in which a disillusioned writer (Owen Wilson) is magically transported to 1920s Paris and starts hanging with F Scott Fitzgerald, Ernest Hemingway, Cole Porter, Pablo Picasso, Gertrude Stein, Man Ray, Salvador Dali ... it's a writer's – or perhaps a film director's – fantasy, but also Allen's way of having some fun with nostalgia. (2011) **★★★**

MONDAY FEBRUARY 29

While We're Young (Movies Extra, Sky 031, 6.55pm).

Noah Baumbach's comedy about a late-forties couple desperate to be hip tips into cliché at times, but it is entirely in keeping with the age-anxiety exploration he began with *Frances Ha* and continued with *Greenberg*. Ben Stiller is again Baumbach's neurotic muse, a film-maker who can't finish his latest documentary. Enter twenty-somethings Adam Driver and Amanda Seyfried, who dazzle Stiller and his wife, Naomi Watts, with their magic youngness while sneakily poaching Stiller's work. All four leads are terrific, although Seyfried and Watts are secondary to the bromance between Driver and Stiller. (2014) **★★★**

Psycho (Four, 8.30pm).

A curiosity at best. Gus Van Sant has said he thought making a scene-for-scene

remake of the Hitchcock classic was "worthy of experimentation", which shows that even good directors can have terrible ideas. Later, Van Sant admitted to the *Guardian*, "Even if you try to copy a film shot by shot, you still can't. It's still your own film. I'm not really the same type of person as Alfred Hitchcock, and you really need that thing that he was in order for *Psycho* to work in the way that it should." (1998) **★★**

TUESDAY MARCH 1

The Host (Prime, 8.30pm). The highest-grossing South Korean film of all time is a creature feature that satirises government bureaucracy and youth protesters and has a go at the US. It was also the movie that brought director Bong Joon-ho international attention and led to the highly regarded films *Mother* and *Snowpiercer*. The monster is created by American military pollution of the Han River – but the only ones who will tackle it are the family of a girl who is taken into the sewer by the beast. (2006) **★★★**

FRIDAY MARCH 4

Eye of the Tiger (Four, 8.30pm).

Hilariously bad throwback to 70s revenge flicks such as *Death Wish* and *Rolling Thunder* – which has a plot that could have been stolen from the latter. Gary Busey is the Vietnam vet who returns home from a prison stint to find his town has been taken over by bike-riding crims; typically, Busey's wife has to die before he will start fighting back. It seems that *Vanishing Point* director Richard Sarafian had really lost his mojo by the 80s: even the title song is recycled – Survivor wrote it for *Rocky III*. (1986) **★★**

Interstellar, Saturday.



Films are rated out of 5:

★ (abysmal) to ★★★★★ (amazing)

Radio

by FIONA RAE

The Best of the Week

SATURDAY FEBRUARY 27

Music Alive (RNZ Concert, 8.00pm). *The Immortal Beethoven* comes to a close with Symphonies Nos 8 and 9 – and the NZSO are joined by the Auckland Choral and singers Tiffany Speight, Annely Peebo, Simon O'Neill and Peter Coleman-Wright for the stupendous chorale finale *Ode to Joy*.

SUNDAY FEBRUARY 28

Insight (RNZ National, 8.10am).

Political editor Jane Patterson reports from the US as the race to elect the presidential candidates heats up. She finds that widespread dissatisfaction with Washington and concern over jobs and the economy have given fringe contenders Donald Trump and Bernie Sanders a real chance at victory.

Concerts from the Frick

(RNZ Concert, 11.00am). The Frick Collection, housed in the Upper East Side mansion of industrialist Henry Clay Frick, includes masterpieces by Holbein, Titian, El Greco, Bellini, Constable, Rembrandt, Goya, Van Dyck

and Velázquez, and concert-goers may peruse its 16 galleries before recitals by pianists, chamber groups and early music ensembles. In the first programme of a new season of concerts, British pianist Charles Owen performs music by Debussy and Nico Muhly.

Opera on Sunday (RNZ Concert, 6.00pm). Great operatic soprano Nina Stemme performs Puccini's final opera, *Turandot*, in today's

Metropolitan Opera Season programme. With her "powerful, luxuriant voice", she "managed to render the grisly ice maiden surprisingly vulnerable", said the *New York Times*. Italian tenor

Marco Berti is Calaf, the princess's suitor who sings the showstopper *Nessun Dorma*.

TUESDAY MARCH 1

Appointment

(RNZ Concert, 7.00pm). James Gardner ends his electronic odyssey in the 1970s and 80s with German innovators Kraftwerk, whose influence stretches from the Human League to Aphex Twin.

Kraftwerk,
Appointment,
Tuesday, 7.00pm.



ALAMY

Talkback

Your chance to comment on TV and radio



DOWNGRADE

Considering the publicity for the Sky TV software update, the results are less than outstanding. It is nearly impossible to read the on-screen programme listings without standing almost right in front of my TV. The fine, small black type on a white background is unreadable from a metre away.

The person I spoke to at Sky said difficulties reading the listings were the most common customer complaint. I asked if the "new and improved" format had been trialled by any Sky customers before it was released, but got no conclusive answer. Sky suggested I adjust the brightness/contrast and colour on my TV, or connect my Sky box to my TV with an HDMI cable. Why should this be necessary when everything else is clear and legible?

Barry Pyle

(Whangarei)

Sky's director of communications, Kirsty Way, responds: We've listened to this feedback and developed a release to improve readability in the near future. With our new software, we can send regular updates with improvements and new features – much like smartphones. We trust our new release will improve readability for those struggling a bit.

THAT'S THE STORY

I can assure David Lawson (*Talkback*, February 13) that there are at least five

children and one adult who always listen to those wonderful stories on Saturday and Sunday mornings – my grandchildren and I – and when I have those grandchildren staying, they pile into my bed and we listen to them together. I remember as a child how wonderful it was to listen to these stories and it's a delight to see them share that. It is the only time in the week when children are provided for on RNZ National. How heartless to suggest taking that away.

Di Buchan

(Otaki Beach)

ONE STORY PER HEAD

Newshub, I like your two newsreaders at 6.00pm, but please don't split a single story between them, with one reading the headline and the other the rest. It's just awkward.

Joanna Wenman

(Palmerston North)

MIXED MESSAGES

If you go to RNZ National at channel 50 on Freeview, you then either have to use your mute button or shut your eyes. With one visual news item scampering across the screen at the same time as a voice reads a totally different story, you can't actually take in either of them. So you watch one or listen to the other, but not both at the same time. Whose bright idea is this?

Jenny Chisholm

(Wellington)

Send comments, queries or complaints about radio or television to: talkback@listener.co.nz, or Talkback, NZ Listener, Private Bag 92512, Wellesley St, Auckland 1141.

TV1	TV2	TV3	
<p>TV1 FREEVIEW 1 SKY 001</p> <p>6.00 Te Karere (R, C)</p> <p>6.30 Hyundai Country Calendar (G, R, HD, C)</p> <p>7.00 Mucking In (G, R, C)</p> <p>7.30 Infomercials</p> <p>9.00 Tagata Pasifika (HD)</p> <p>9.30 Taste of a Traveller (G, R, HD, C) Brett McGregor shares his favourite recipes.</p> <p>10.00 Come Dine with Me (PGR, R) Five contestants each cook a three-course meal.</p> <p>Noon Saturday Kitchen (G)</p> <p>1.00 Gino's Italian Escape (G) Rome: In Rome, Gino D'Acampo rustles up a traditional pasta carbonara in front of the Colosseum.</p> <p>1.30 Tales from Northumberland with Robson Green (G, R, C) Today: Robson goes diving in the Farne Islands and visits the wreck of a ship sunk by the German Luftwaffe in 1941.</p> <p>2.00 Location Location Revisits (G, R, C) Aberdeen Revisit: Kirstie and Phil look back at their property finding mission in the Granite City, Aberdeen.</p> <p>3.00 Border Security: Australia's Front Line (G, R, C) Today: A woman is carrying business cards for a brothel.</p> <p>3.30 Coastwatch (G, R, C) Today: Gisborne Fishery Officers uncover a haul of crayfish on a remote beach, and the Royal New Zealand Airforce instigates a daring at-sea rescue for stricken yachtsies.</p> <p>4.00 River Monsters (PGR, R, C) Today: Jeremy Wade searches for a man-sized killer in Central America.</p> <p>5.00 The ITM Fishing Show (G, C)</p> <p>6.00 ONE News (C)</p> <p>7.00 MasterChef Australia (G, C) Matt Preston, George Calombaris and Gary Mehigan present a cooking competition series. Final Week Begins: In finals week, the top five contestants are entering the kitchen to face the last mystery box challenge. (Includes Lotto at 8.00pm.)</p> <p>8.40 Coronation Street (PGR, C, AD) Tonight: Kal takes his frustration out on Nick; Kevin gives Maddie another chance; and Tyrone and Maria grow closer.</p> <p>10.40 The Crimson Field (AO, R, C, AD) Tonight: Colonel Ballard, an aggressively rude and war-scarred commander of a Sikh regiment, threatens trouble for Grace.</p> <p>12.50am Happy Hour (AO, R, HD, C, AD)</p> <p>1.40 Emmerdale (PGR, R, C)</p> <p>3.50 - 6.00 Soccer English Premier League, Southampton v Chelsea, live.</p>	<p>TV2 FREEVIEW 2 SKY 002</p> <p>6.00 Tiki Tour (G, R, HD, C)</p> <p>6.25 Wiki the Kiwi (G, R, HD, C)</p> <p>6.35 Buzzy Bee and Friends (G, R)</p> <p>6.40 Miles from Tomorrowland (G, C)</p> <p>7.05 The Amazing World of Gumball (G, R, C)</p> <p>7.30 Gravity Falls (G, C)</p> <p>7.55 Pokemon XY (G, C)</p> <p>8.20 Hulk and the Agents of S.M.A.S.H. (G, C)</p> <p>8.45 Adventure Time (G, R, C)</p> <p>9.10 Clarence (C)</p> <p>9.35 Mighty Med (G)</p> <p>10.00 Fresh (G, HD) Today: Musos Erakah and Donell Lewis.</p> <p>10.35 Step by Step (G, R, C)</p> <p>11.05 Full House (G, R, C)</p> <p>11.35 Young & Hungry (PGR, C)</p> <p>12.05 The Fosters (PGR)</p> <p>1.05 Pretty Little Liars (PGR, C) The Gloves Are on: The Liars start to panic as the investigation continues.</p> <p>2.05 The Flash (PGR, C) Potential Energy: Barry encounters a metahuman who can slow everyone else down.</p> <p>3.05 Supergirl (PGR, C) Bizarro: Kara faces off against her mirror image.</p> <p>4.00 The Amazing Race (G, C) Today: The teams continue the race in Namibia and are tasked with interpreting a clue in German.</p> <p>5.00 America's Funniest Home Videos (G, R, C)</p> <p>5.30 My Wife and Kids (G, R, C)</p> <p>6.00 72 Hours (G, R, C) US reality series in which nine strangers are dropped into remote locations and compete to find a briefcase full of cash.</p> <p>7.00 Confessions of a Shopaholic (2009, PGR, R, C, AD) After landing a position as a financial advice columnist, a woman tries to prevent her passion for shopping from ruining her job. Isla Fisher, Hugh Dancy, Krysten Ritter.</p> <p>9.05 The Guardian (2006, AO, R, C) A young man enrolls in a US Coast Guard school and is mentored by a jaded lifeguard. Kevin Costner, Ashton Kutcher, Sela Ward. Films, page 70</p> <p>11.55 Music and Lyrics (2007, PGR, R, C, AD) An 80s pop singer convinces the woman who waters his plants to write a song with him. Hugh Grant, Drew Barrymore.</p> <p>1.50am Please Give (2010, AO, R, C) Catherine Keener, Oliver Platt.</p> <p>3.30 World's Worst Holiday Horrors (PGR, R, C)</p> <p>4.20 The Jeremy Kyle Show (PGR, R)</p> <p>5.05 Fresh (G, R, HD)</p> <p>5.30 - 6.00 It Is Written</p>	<p>TV3 FREEVIEW 3 SKY 003</p> <p>6.00 Charles Stanley (R)</p> <p>6.30 Trade Zone Gone Fishin' (G, R, HD)</p> <p>7.00 Rheem Outdoors with Geoff (G, R, HD)</p> <p>7.30 Infomercials</p> <p>9.30 The Nation</p> <p>10.30 Baggage (PGR, R)</p> <p>11.00 Million Dollar Listing NY (PGR, R)</p> <p>11.55 The Real Housewives of New Jersey (PGR, R)</p> <p>12.55 America's Next Top Model: Guys & Girls (PGR, R, C, HD)</p> <p>1.50 Save with Jamie (G, R)</p> <p>2.50 The House That 100K Built (G, C, HD)</p> <p>4.00 Grand Designs Australia (G, R, C, HD)</p> <p>5.00 Rheem Outdoors with Geoff (G, HD)</p> <p>5.30 The Simpsons (G, R, C, HD)</p> <p>6.00 Newshub Live</p> <p>7.00 Indiana Jones and the Last Crusade (1989, PGR, R, C, HD) Indiana Jones tries to locate his missing father. Harrison Ford, Sean Connery. Films, page 70</p> <p>9.30 Lord of War (2005, AO, C, HD) An arms dealer is pursued by an Interpol agent. Nicolas Cage, Ethan Hawke. Films, page 70</p> <p>12.00am Blue Bloods (AO, C, HD) Growing Boys: A gang member dies after Jamie chases him.</p> <p>1.00 Supersize: I Lost Weight but Lost My Husband! (AO, R, C, HD) UK documentary.</p> <p>1.55 Infomercials</p> <p>5.00 Hillsong (G, R)</p> <p>5.30 - 6.00 Charles Stanley (R)</p>	 <p>TV1: The Crimson Field, 10.40pm</p>

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>6.55 BAFTA: A Life in Pictures (PG) Billy Connolly.</p> <p>7.25 Annabelle (2014, 16) Ward Horton.</p> <p>9.00 The Gambler (2014, 16) Mark Wahlberg.</p> <p>10.50 Horrible Bosses 2 (2014, 16) Jason Bateman.</p> <p>12.35 Predestination (2014, M) Ethan Hawke.</p> <p>2.10 The Possession of Michael King (2014, 16) Shane Johnson.</p> <p>3.35 After the Dark (2013, M) James D'Arcy.</p> <p>5.20 Reach Me (2014, M) Sylvester Stallone.</p> <p>6.50 Clown (2014, 16) Eli Roth, Peter Stormare.</p> <p>8.30 Interstellar (2014, M) As Earth turns into a dustbowl, astronauts travel across the galaxy in search of a new home. Matthew McConaughey, Anne Hathaway. Films, page 70</p> <p>11.20 The Inbetweeners 2 (2014, 16) Simon Bird.</p> <p>12.55am The Mystery Cruise (2013, M) 2.15 After the Dark (2013, M) 4.00 Reach Me (2014, M) 5.30 The Mystery Cruise (2013, M)</p>	<p>7.15 Whiplash (2014, M) Miles Teller.</p> <p>9.00 The DUFF (2015, M) Mae Whitman.</p> <p>10.40 Almost Heaven (2006, M) Donal Logue.</p> <p>12.20 The Fault in Our Stars (2014, M) Shailene Woodley.</p> <p>2.25 Ray (2004, M) Jamie Foxx.</p> <p>4.55 Careful What You Wish For (2015, M) Nick Jonas, Dermot Mulroney.</p> <p>6.25 The Longest Ride (2015, M) A couple find inspiration in the marriage of an elderly man. Scott Eastwood, Britt Robertson.</p> <p>8.30 Kidnapping Mr Heineken (2015, M) Based on the 1983 kidnapping of beer tycoon Alfred Heineken. Sam Worthington, Anthony Hopkins, Jemima West.</p> <p>10.10 Expecting (2013, 16) A woman falls pregnant unexpectedly. Michelle Monaghan, Radha Mitchell.</p> <p>11.40 Definitely, Maybe (2008, M) Ryan Reynolds.</p> <p>1.30am Careful What You Wish For (2015, M) 3.00 Ray (2004, M) 5.30 Almost Heaven (2006, M)</p>	<p>7.05 Saturday Night Fever: The Inside Story (M) Miles Teller.</p> <p>8.35 Major League: Back to the Minors (1998, M) Scott Bakula.</p> <p>10.15 Silent Tongue (1993, PG) Alan Bates.</p> <p>11.55 Little Odessa (1994, 16) Tim Roth.</p> <p>1.35 The Bonfire of the Vanities (1990, PG) Tom Hanks.</p> <p>3.40 The Shawshank Redemption (1994, 16) Morgan Freeman, Tim Robbins.</p> <p>6.00 Robin Hood: Prince of Thieves (1991, PG) An outlaw wages warfare against a Sheriff. Kevin Costner, Alan Rickman.</p> <p>8.30 Backbeat (1994, M) A dramatisation of the Beatles' Hamburg years. Stephen Dorff, Ian Hart, Sheryl Lee, Gary Bakewell.</p> <p>10.10 A Perfect Murder (1998, M) A man hires a hit man to kill his wife. Michael Douglas, Gwyneth Paltrow.</p> <p>11.55 Dave (1993, PG) Kevin Kline.</p> <p>1.45am Pocket Money (1972, PG) 3.40 The Shawshank Redemption (1994, 16)</p>	<p>6.10 The Troublemaker: Behind the Scenes of the United Nations (2014, M) Documentary.</p> <p>7.40 Gemma Bovery (2014, M) Fabrice Luchini.</p> <p>9.20 Venus and Serena (2012, M) US documentary.</p> <p>11.00 Tangerine (2015, 16) Mya Taylor.</p> <p>12.30 Attila Marcel (2013, M) Guillaume Gouix.</p> <p>2.15 Sweet Micky for President (2015, M) US documentary.</p> <p>3.50 Someone You Love (2014, 16) Mikael Persbrandt.</p> <p>5.25 Frank (2014, M) Michael Fassbender.</p> <p>7.00 Fading Gigolo (2013, M) Woody Allen, Sharon Stone.</p> <p>8.30 Strangerland (2015, 16) A family from a rural outback town are devastated when their two teenage children disappear into the desert. Nicole Kidman.</p> <p>10.25 The Ultimate Accessory (2013, M) Valerie Lemercier.</p> <p>12.05am Tim's Vermeer (2013, M) 1.25 Attila Marcel (2013, M) 3.10 Sweet Micky for President (M) 4.45 Someone You Love (2014, 16)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 024

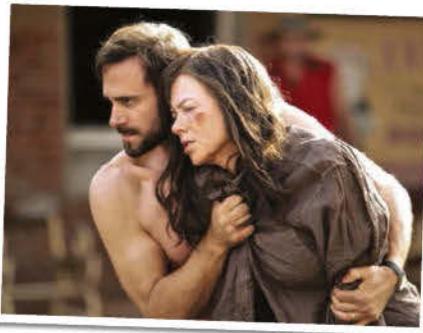
7.30 Dear Genevieve **8.00** The Liquidator **8.30** World's Wildest City **9.00** Monkey Thieves **9.30** Shane Delia's Moorish Spice Journey **10.00** The Lazy Chef **10.30** Million Dollar Contractor **11.00** Yard Crashers **11.30** Auction Kings (PG) **Noon** Beeney's Restoration Nightmare **1.00** Gardeners' World **1.30** Restoration Man **2.30** Selling New York **3.00** The Liquidator **3.30** Buying Hawaii **4.00** This Old Thing with Dawn O'Porter **5.00** Million Dollar Critic with Giles Coren **6.00** Grand Tours of the Scottish Islands **6.30** Baby Animals in the Wild **7.30** Wild Things with Dominic Monaghan **8.30** The Jonathan Ross Show **9.30** The Treasure Hunters **10.30** Grand Tours of the Scottish Islands **11.00** NZ Hunter Adventures **12.00am** The Jonathan Ross Show **1.00** Grand Tours of the Scottish Islands **1.30** Buying Hawaii **2.00** Baby Animals in the Wild **3.00** The Treasure Hunters **4.00** Monkey Thieves **4.30** Million Dollar Critic with Giles Coren **5.30** The Liquidator

UKTV SKY 007

6.55 Friday Night Dinner (M) **7.20** QI (M) **9.20** The Bill Marathon (M) **1.30** Stella (M) **2.20** Casualty (M) **3.15** A Touch of Frost (M) **5.00** Pointless (PG) **5.55** Lewis (M) **7.35** Father Brown (M) **Mysteries of the Rosary:** Father Brown is immobilised with a broken leg when a member of Kembleford's WI dies. **8.30** Midsomer Murders (M) **Vixen's Run:** A sudden death takes Barnaby and Jones to the privileged surroundings of Haddington Hall. **10.15** New Tricks (M) **Spare Parts:** The team uncover an organ donor racket and reinvestigate a wealthy businessman's murder. **11.15** 8 Out of 10 Cats (M) **11.40** The Graham Norton Show (M) **Tonight:** Julianne Moore, Cuba Gooding Jr and Michael Flatley. **12.30am** Cuckoo (M) **1.00** Pointless (PG) **1.50** Citizen Khan (PG) **2.20** New Tricks (M) **3.15** Father Brown (M) **4.05** Foyle's War (M) **5.50** Friday Night Dinner (M)

Living SKY 017

6.00 Homes Under the Hammer **7.00** Antiques Roadshow **8.00** Zoo Days (M) **8.25** Grand Designs Revisited **9.20** Long Lost Family **10.20** Obsessive Compulsive Cleaners **11.20** Location Location



Rialto: **Strangerland**, 8.30pm

Location **12.20** Restoration Home **1.20** Grand Designs Australia **2.15** Superior Interiors with Kelly Hoppen **3.10** Long Lost Family **4.05** Country House Sunday **5.00** Britain's Best Back Gardens **6.00** Chelsea's Greatest Garden **7.00** Back of House **7.30** A Place in the Sun: Winter Sun **8.30** Grand Designs Australia **9.30** Location Location Location **10.30** Hotel in the Clouds **11.30** Holiday of My Lifetime with Len Goodman **12.30am** A Place in the Sun: Winter Sun **1.20** Britain's Best Back Gardens **2.20** Chelsea's Greatest Garden **3.20** Back of House **3.45** Location Location Location **4.35** Holiday of My Lifetime with Len Goodman **5.30** Four in a Bed

Sky Arts SKY 020

6.00 Off Camera **7.00** Flavio Boltro Incredible Quintet **8.00** Put Some Colour in Your Life **8.30** Stars of the Silver Screen **10.00** Elvis Costello: Mystery Dance **11.00** Auction **11.30** Adventurers of Modern Art: Jazz **12.30** Ancient Greece: The Greatest Show on Earth **1.30** Raiders of the Lost Art **2.00** Off Camera **3.00** Flavio Boltro Incredible Quintet **4.00** Grand Hotel (PG) **5.10** Brian May & Kerry Ellis: Live by Candlelight **6.45** Stars of the Silver Screen **7.30** Cool Spaces: The Best New Architecture **8.30** The Legacy (PG) **Season two of the Danish drama series.** **9.30** Capture **10.00** Rockwiz **11.00** Art and Oligarchs **12.00am** Grand Hotel (PG) **1.10** Brian May & Kerry Ellis: Live by

Candlelight **2.45** Stars of the Silver Screen **3.30** Cool Spaces: The Best New Architecture **4.30** The Legacy (PG) **5.30** Capture

SoHo SKY 010

6.00 Queer as Folk Marathon (18) **8.45** Damages Marathon (M) **12.20** Breaking Bad Marathon (18) Season three of the US crime-drama series. **6.10** Breaking Bad (18) **I See You:** Walt heads to the hospital where both Hank and the surviving hit man are being treated. **7.00** Breaking Bad (18) **Kafkaesque:** Walt and Jesse resume drug production. **7.50** Breaking Bad (18) **Fly:** Walt heads back to the lab. **8.40** Breaking Bad (18) **Abiquiu:** Skyler tries to convince Walt to buy a car wash to launder the drug money. **9.30** Breaking Bad (18) **Half Measures:** Jesse decides to seek revenge for the death of his friend, and begins his search by tracking down his ex-girlfriend. **10.20** Breaking Bad (18) **Full Measure:** Walt realises Gus is planning to kill him. **11.10** Damages Marathon (M) **2.45am** Queer as Folk Marathon (18) **5.30** The Writers' Room (M)

BBC World News SKY 089

6.00 BBC World News **6.30** BBC Focus on Africa **7.00** BBC World News **7.40** Africa Business Report **8.00** World News Today **8.30** HARDtalk **9.00** BBC Business Live **9.30** Our World **10.00** World News Today **10.30** Football Focus **11.00** BBC World News America **Noon** BBC World News **12.30** Newsnight **1.00** BBC World News **1.30** Talking Business **2.00** BBC World News **2.10** Storyville Global **3.00** BBC World News **3.30** Horizons **4.00** BBC World News **4.30** Witness **5.00** BBC World News **5.30** The Travel Show **6.00** BBC World News **6.30** Newsnight **7.00** BBC World News **7.30** Click **8.00** BBC World News **8.10** World Features **8.30** HARDtalk **9.00** BBC World News **9.10** Football Focus **9.30** Horizons **10.00** BBC World News **10.10** Her Story **11.00** BBC World News **11.10** Africa Business Report **11.30** Newsnight **12.00am** BBC World News **12.30** Our World **1.00** BBC World News **1.10** World Features **1.30** Talking Movies **2.00** BBC World News **2.15** Sport Today **2.30** The Travel Show **3.00** BBC World News **3.30** Dateline London **4.00** BBC World News **4.10** Storyville Global **5.00** BBC World News **5.30** Our World

SPORT

Sky Sport 1 SKY 051

6.00 Super Rugby, Cheetahs v Jaguares, **live. 8.00** Super Rugby, Blues v Highlanders. **8.30** World Rugby **8.55** Rugby, Six Nations, **live. 11.00** Super Rugby, Blues v Highlanders. **1.00** Super Rugby, Brumbies v Hurricanes. **3.00** Super Rugby, Cheetahs v Jaguares. **5.00** Super Rugby, Sunwolves v Lions, **live. 7.15** Super Rugby, Crusaders v Chiefs, **live. 9.35** Super Rugby, Waratahs v Reds, **live. 11.45** Super Rugby, Force v Rebels, **live. 1.55am** Super Rugby, Kings v Sharks, **live. 4.00** Super Rugby, Stormers v Bulls, **live.**



Sky Sport 2 SKY 052

6.00 NBL, grand final series, game one. **8.00** UK Super League, Hull Kingston Rovers v St Helens, **live. 11.30** Super League, Hull FC v Castleford. **Noon** FIM Superenduro World C'ship. **12.30** Cricket, NZ Awards. **1.30** Sky Sport News NZ **2.00** The Cricket Show **2.15** World Superbikes, round one, **live. 6.00** UK Super League, Hull Kingston Rovers v St Helens. **8.00** Fox Sports News **8.30** UK Super League, Hull Kingston Rovers v St Helens. **9.00** Super League, Hull FC v Castleford. **9.30** Fox Sports News **10.00** Golf, Ladies European Tour, Australian Ladies Masters, third round. **10.30** FIM Superenduro World C'ship. **11.00** World Rugby **11.30** Super Rugby, Crusaders v Chiefs. **12.00am** A-League, Adelaide United v Brisbane Roar. **2.00** Golf, Ladies European Tour, Australian Ladies Masters, third round. **2.45** Super Rugby, Crusaders v Chiefs. **3.15** Rugby, Six Nations, Italy v Scotland, **live. 5.40** Rugby, Six Nations, England v Ireland, **live.**

Sky Sport 3 SKY 053

6.00 Fox Sports News **8.00** The Golf Fix **9.00** School of Golf **10.00** Super Rugby, Blues v Highlanders. **10.30** Super Rugby, Brumbies v Hurricanes. **11.00** Sky Sport News NZ **11.30** NBL, grand final series, game one. **Noon** Fishing and Adventure **12.30** Kabaddi, Pro League. **1.00** NBL, grand final series, game one. **3.00** UK Super League, Hull Kingston Rovers v St Helens. **3.30**

DOCUMENTARIES

Discovery SKY 070

6.00 Destroyed in Seconds (PG) **6.30** MythBusters (PG) **8.30** Tribe Alive! (PG) **9.25** Alaska: The Last Frontier (M) **10.20** Running Wild with Bear Grylls (M) **11.15** Treehouse Masters (PG) **12.10** Gold Rush (PG) **1.05** Dual Survival (M) **2.00** Mega Moves (PG) **2.55** Close Encounters (PG) **3.50** Railroad Alaska (PG) **4.45** Auction Hunters (PG) **5.40** How the Universe Works (PG) **6.35** Gold Rush (PG) **7.30** Treehouse Masters (PG) **8.30** Redwood Kings (PG) South Dakota Shoot Out: Ron and John construct a camping-themed shooting gallery. **9.30** Epic Bar Builds (PG) **10.30** Auction Hunters (PG) **11.00** Pandamonium (PG) **12.00am** Running Wild with Bear Grylls (M) **12.55** Airplane Repo (PG) **1.50** Flying Wild Alaska (PG) **2.45** Auction Hunters (PG) **3.15** Dirty Jobs (PG) **4.10** Flying Wild Alaska (PG) **5.05** MythBusters (PG)

National Geographic SKY 072

6.30 Invasion Earth (PG) **7.30** How to Win at Everything (PG) **8.00** Brain Games (PG) **9.30** Science of Stupid (M) **10.30** Exploring Malaysia (PG) **11.30** The 80s (M) **12.30** T-Rex: Ultimate Survivor (PG) **1.30** Area 51: The CIA's Secret Files (M) **2.30** Invasion Earth (PG) **3.30** Aftermath (PG) **4.30** Seconds from Disaster (M) **5.30** Air Crash Investigation (PG) **6.30** Witness: Joplin Tornado (M) **7.30** Samurai Bow (PG) **8.30** Buried Secrets of Buddha (PG) Archaeologists dig at Lumbini, one of the holiest sites in Buddhism. **9.30** Sex in the Stone Age (M) Scientists discover a previously unknown species of hominid. **10.30** Drugs Inc. (M) **11.30** Samurai Bow (PG) **12.30am** Invasion Earth (PG) **1.30** Science of Stupid (M) **3.30** Brain Games (PG) **4.30** Yukon Gold (M)

History SKY 073

6.30 Murder Maps (M) **7.30** Fight Club: A History of Violence (M) **8.30** What Destroyed Rome? **9.30** The Bridges That Built London (PG) **10.30** Time Team (PG) **11.30** Rome: The World's First Superpower (PG) **12.30** Inside the Tower of London (PG) **1.30** Vampires in Venice (PG) **2.30** Murder Maps (M) **3.30** Fight Club: A History of Violence (M) **4.30** Lost Treasures of the Ancient World **5.30** Petra: Lost City of Stone **6.30** Operation Stonehenge: What Lies Beneath (PG) **7.30** Pompeii: Cellar of Skeletons (PG) A forensic investigation into skeletal remains in Pompeii. **8.30** Sparks of Invention (PG) The stories behind many of the inventions we take for granted today. **9.30** Combat Trains (PG) An exploration of the last 150 years of combat trains. **10.30** Secrets of the Colosseum (PG) **11.30** Myth Hunters (PG) **12.30am** Black Ops (M) **1.30** Unsealed: Alien Files (PG) **2.30** Ancient Aliens (PG) **3.30** The World at War (PG) **4.30** Sparks of Invention (PG) **5.30** Combat Trains (PG)

BBC Knowledge SKY 074

6.00 TBA **7.00** Human Universe with Brian Cox (PG) **8.05** The Life of Birds (PG) **9.00** Michael Palin's New Europe (PG) **9.55** Monkeys Revealed (PG) **11.00** Ross Kemp: Afghanistan (M) **12.45** Top Gear Marathon (PG) **6.30** Lands of the Monsoon (PG) **7.30** The Life of Birds (PG) **8.30** Human Universe with Brian Cox (PG) Apeman-Spaceman: Human evolution. **9.40** Billy Connolly's Big Send Off (M) Tonight: Billy visits a convention for funeral directors in Texas. **10.35** Top Gear (PG) **11.45** Ross Kemp: Afghanistan (M) **1.25am** Michael Palin's New Europe (PG) **2.20** Monkeys Revealed (PG) **3.25** Lonely Planet: Best in China (PG) **3.35** Lands of the Monsoon (PG) **4.30** The Life of Birds (PG) **5.25** Human Universe with Brian Cox (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.08 Storytime

7.10 Country Life (RNZ)

8.10 Saturday Morning with Kim Hill (RNZ)

12.11 This Way Up: A Manual for a Modern World with Simon Morton (RNZ)

2.05 Music 101 with Emma Smith

5.11 Focus on Politics (RNZ)

5.30 Tagata o te Moana Pacific news, features, interviews and music (RNZ)

6.06 Great Encounters In-depth interviews from the week (RNZ)

7.06 Saturday Night An evening of requests, nostalgia and musical memories (RNZ)

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 Police Files of NZ (RNZ); 1.05 Our Changing World (RNZ); 2.05 Heart and Soul (RNZ); 2.35 Hymns on Sunday; 3.05 Dancing Lessons, by Paddy Richardson, read by Hera Dunleavy (RNZ); 3.30 Te Waonui a Te Manu Korih (RNZ); 4.30 Science in Action (BBC); 5.10 Bishops, by Mona Williams (10 of 10, RNZ); 5.45 NZ Society

Website: radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00am, 7.00, 8.00, 9.00am, noon, 3.00, 6.00pm

6.00 Classic Morning Includes News and Weather

9.00 Best of Upbeat (RNZ)

10.00 Your Choice (Box 123, Wellington or concert@radionz.co.nz)

Noon The RNZ Concert Classical Chart

The week's best-selling CDs

1.00 The Art of Jazz Phil Broadhurst's perspective on the international recorded jazz scene. Today: Potpourri (10 of 10, RNZ)

2.00 Global Sounds Indigenous music from around the world

3.00 Saturday Concert Deborah Humble (mezzo), Orchestra Wellington/Marc Taddei - Haydn: Symphony No 84 in E flat; Wagner: Wesendonck Lieder; Bruckner: Symphony No 7 in E (RNZ)

5.05 Music Making in the 1930s Works by Francaix, Britten and Coates

6.00 Made in New Zealand NZ performers and composers

7.00 Vocalied The World of Song

8.00 Music Alive The Immortal Beethoven, Symphonies: Tiffany Speight (sop), Annelly Peebo (mezzo), Simon O'Neill (ten), Peter Coleman-Wright (bass), Auckland Choral, New Zealand SO/Pietari Inkinen - Beethoven: Symphony No 8 in F Op 93; Symphony No 9 in D minor Op 125, Choral (4 of 4, RNZ)

9.35 Chopin on Period Instruments Scherzo No 2 in B flat minor Op 31 (instrument: Erard, Paris 1849); Nocturnes Op 32, Nos 1 and 2 (instrument: Pleyel, Paris 1848)

10.00 Day's End Music to wind down to

12.00am Music Through the Night

Website: radionz.co.nz/concert

Radio Live

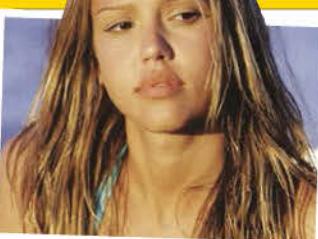
6.00 Tony Murrell **10.00** Carly Flynn **2.00** Brendan Telfer **6.00** Newshub **7.00** Peter Elliott **8.00** Graeme Hill **12.00am** Bruce Hopkins

Website: radiolive.co.nz

Newstalk ZB

6.00 Nigel Yalden **9.00** Jack Tame Noon **Tony Veitch** **6.00** Bruce Russell **12.00am** Gary Denir **5.00** Best of Mike Hosking/Leighton Smith

Website: newstalkzb.co.nz

TV1	TV2	TV3	
TV1 FREEVIEW 1 SKY 001	TV2 FREEVIEW 2 SKY 002	TV3 FREEVIEW 3 SKY 003	
<p>6.00 Tux Wonder Dogs (G, R, C)</p> <p>6.25 The ITM Fishing Show (G, R, C)</p> <p>7.10 Sunday (R, C)</p> <p>7.35 Tagata Pasifika (R, HD)</p> <p>8.00 Praise Be (G, HD)</p> <p>8.30 Attitude (G, R, HD, C, AD) Today: Teens Daniel and Jakob live with Fetal Alcohol Spectrum Disorder.</p> <p>9.00 How to Look at a Painting (PGR, R, C)</p> <p>9.30 Going Going Gone (G, R, C)</p> <p>10.00 Waka Huia (G) Today: 86-year-old DJ Rocky Hudson (Ngati Ruanui/ Ngaruahine).</p> <p>10.30 Marae (G, R)</p> <p>11.00 Neighbourhood (G, R, HD, C) Today: Meteorologist Daniel Corbett hosts a tour of Warkworth.</p> <p>11.30 Unsung Heroes (G, R, C)</p> <p>11.55 Great Bear Stakeout (PGR, R, C, AD)</p> <p>12.55 Undercover Boss (G, R, C)</p> <p>1.55 Restoration Man (G, R, C) Thrum Mill Revisit: A couple have restored one of Northumberland's most stunning water mills.</p> <p>2.55 Dynamo: Magician Impossible (G, R, C) United Kingdom: Dynamo returns to his home turf in the UK.</p> <p>3.55 Piha Rescue (G, R, HD, C)</p> <p>4.25 Fishy Business (G, HD, C) With Adam Clancy.</p> <p>4.55 Inside the Animal Mind (G, R, C, AD) Secrets of the Social World: Chris Packham swims with dolphins.</p> <p>6.00 ONE News (C)</p> <p>7.00 Sunday (C)</p> <p>7.30 Our First Home (G, HD, C) Tonight: A council bomb and a clash of interests reduces one family to tears.</p> <p>8.30 Blindspot (AO, C, AD) Cede Your Soul: After an assassination reveals the existence of a potentially dangerous app that allows criminals to track government vehicles, the team work with an unlikely ally to prevent its use.</p> <p>9.25 Cuffs (AO, C, AD) Tonight: When she's held at gunpoint, Donna's quick thinking saves the day, but has personal ramifications, and Carl gets a disturbing insight into his boss' life.</p> <p>10.40 The Art of Recovery (G, R, HD, C, AD) Local documentary about community art projects in post-earthquakes Christchurch.</p> <p>11.40 Mini-series: Cilla (2014, PGR, R, C, AD) Tonight: Cilla finds professional success.</p> <p>12.40am Attitude (G, R, HD, C, AD)</p> <p>1.10 Emmerdale (PGR, R, C)</p> <p>3.05 Marae (G, R)</p> <p>3.35 - 6.00 Infomercials</p>	<p>6.00 Tiki Tour (G, R, HD, C)</p> <p>6.25 Sofia the First (G, C)</p> <p>6.50 Octonauts (G, R, C)</p> <p>7.10 The Tom and Jerry Show (G, R, C)</p> <p>7.35 Get Ace (G, R, C)</p> <p>8.00 What Now? (HD)</p> <p>10.00 Jessie (G, R, C)</p> <p>10.50 Dr Ken (PGR, R, C)</p> <p>Noon Shortland Street Omnibus (PGR, R, HD, C, AD)</p> <p>2.30 A to Z (PGR, C)</p> <p>3.00 Hot in Cleveland (PGR, C) The Bachelors: The ladies celebrate their collective birthday by fixing each other up on blind dates.</p> <p>3.30 Home and Away Omnibus (R, C)</p> <p>6.00 Thunderbirds Are Go (G, C, AD) Chain of Command: When a joint operation with the Global Defense Force nearly ends in disaster, International Rescue is banned from intervening in future missions.</p> <p>6.30 The Barefoot Bandits (HD, C, AD) Tonight: When Mayor Dennis Gobb runs for re-election, the Bandits suspect his mysterious new opponent may be hiding a dark secret.</p> <p>7.00 The Simpsons (PGR, C, AD) Puffless: Patty and Selma quit smoking after learning their father died of lung cancer, but when Selma can't stick to it, Patty moves in with the Simpsons.</p> <p>7.30 Tricked (PGR, C) UK series in which magician Ben Hanlin pranks celebrity guests. Tonight: Ben makes rapper Tinchy Stryder believe he has blown up a very expensive motorbike, and sets up a trick between two Emmerdale stars involving extreme zorbing.</p> <p>8.30 Bruce Almighty (2003, AO, R, C, AD) A TV reporter is given the chance to change his unsatisfactory life after receiving supernatural powers from God. Jim Carrey, Jennifer Aniston, Morgan Freeman, Steve Carell, Catherine Bell.</p> <p>Films, page 70</p> <p>10.25 Filthy Rich (AO, R, C, AD) Tonight: John Jr has a change of tactic and plays nice to win over Joe, but Brady plays dirty, with devastating consequences for Savannah's mum Lorna.</p> <p>12.25am Arrow (AO, R, C)</p> <p>2.05 Ten 7 Summer (PGR)</p> <p>2.30 Infomercials</p> <p>3.00 The Jeremy Kyle Show (AO, R)</p> <p>3.55 Surviving Jack (PGR, R)</p> <p>4.15 It Is Written (R)</p> <p>4.45 Secret Life of the American Teenager (PGR, R)</p> <p>5.30 - 6.00 Infomercials</p>	<p>6.00 Life TV (G, R)</p> <p>6.30 Brian Houston (G, R)</p> <p>7.00 Charles Stanley (G, R)</p> <p>8.00 Universal Church of the Kingdom of God (G, R)</p> <p>8.30 Turning Point (G, R)</p> <p>9.00 Both Worlds (G, R, HD, C)</p> <p>9.25 Re-Think (HD)</p> <p>9.55 The Nation</p> <p>10.55 On the Grill (G, R, HD, C)</p> <p>11.45 Reality Trip (PGR, R, HD, C)</p> <p>12.45 World Jet Boat Expeditions: Rivers of Oz (HD)</p> <p>1.45 Motorsport Ashley Forest Rally Sprint.</p> <p>2.30 Motorsport Formula Drift, Dallas, round six.</p> <p>3.00 Motorsport SsangYong Racing Series, Manfeild, round five.</p> <p>4.00 Motorsport V8 Touring Cars, Manfeild, round six.</p> <p>5.00 Ice Road Truckers (G, R, HD, C)</p> <p>6.00 Newshub Live</p> <p>7.00 House Rules (HD) Tonight: The final three teams fight for a place in the grand final.</p> <p>8.30 The Night Manager (AO, C, HD) UK thriller based on the story by John Le Carré. Tonight: In Cairo, hotel night manager Jonathan Pine receives a plea for help from a well-connected guest.</p> <p>9.30 Live at the Apollo (AO, HD) Tonight: Alan Carr introduces Francesca Martinez and Nish Kumar.</p> <p>10.35 Happy Face Killer (2014, AO, HD, C) Based on the hunt for serial killer Keith Jespersen. David Arquette, Gloria Reuben.</p> <p>12.25am Infomercials</p> <p>5.30 - 6.00 Brian Houston @ Hillsong TV (G, R)</p>	 <p>Four: Into the Blue, 8.30pm</p>
			PRIME FREEVIEW 10 SKY 004
			<p>6.00 Religious Programming (G)</p> <p>10.30 Sport Box (G)</p> <p>Noon MythBusters (PGR, R)</p> <p>1.05 Shearing Gang (PGR, R)</p> <p>1.35 MasterChef Junior USA (G, R)</p> <p>2.30 Wild Coasts (G, R)</p> <p>3.30 Danger Beach (PGR, R)</p> <p>4.00 Deal or No Deal (G, R)</p> <p>4.30 Rugby Nation (G)</p> <p>5.30 Prime News</p> <p>6.00 Life (G, R)</p> <p>7.00 Storage Wars (PGR)</p> <p>7.30 Antiques Roadshow (G, C) Tonight: The team return to the dramatic ruins of Kirby Hall in Northhamptonshire.</p> <p>8.30 Unforgotten (AO, C) Tonight: Cassie and Sunny visit a priest who remembers Jimmy fondly.</p> <p>9.35 Elementary (PGR, C) Tag, You're Me: Sherlock tries to hasten Morland's departure from New York.</p> <p>10.30 Limitless (PGR, R, C) Badge! Gun: Brian puts his new job in jeopardy.</p> <p>11.30 What Remains (AO, R)</p> <p>12.40am - 6.00 Home Shopping</p>
			MAORI FREEVIEW 5 SKY 019
			<p>10.00 Te Iti Kahurangi: The Journey to Success (G, R)</p> <p>10.30 Te Mana o Te Moana: The Pacific Voyagers (PGR, R)</p> <p>11.30 Waka Huia (G, R)</p> <p>12.30 Taniwha Rau (G, R)</p> <p>1.30 Waka Ama Sprints</p> <p>2.30 Basketball Today: AA Girls semi-final, Hamilton v St Peters Cambridge.</p> <p>3.30 Rugby French Top 14 Rugby, highlights.</p> <p>5.30 Te Kaea</p> <p>6.00 Nga Tangata Taumata Rau: Nga Tamariki o te Kohu (G)</p> <p>7.00 The Big Sing (G) Tonight: Epsom Girls Grammar.</p> <p>7.30 Find Me a Maori Bride (PGR, R)</p> <p>8.30 I Wish (2011, PGR) Two brothers who are forced to live apart due to their parents' separation hatch a complicated plan to reunite their family. Kōki Maeda, Ohshirō Maeda, Joe Odagiri.</p> <p>Films, page 70</p> <p>10.35 Te Kaea (R)</p> <p>11.05 - 11.35 Karanga the First Voice (G, R)</p>

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
6.50 Interstellar (2014, M) Matthew McConaughey.	7.10 Definitely, Maybe (2008, M) Ryan Reynolds.	6.00 Robin Hood: Prince of Thieves (1991, PG) Kevin Costner.	6.20 Tim's Vermeer (2013, M) Tim Jenison.
9.35 The Inbetweeners 2 (2014, 16) Simon Bird.	9.00 The Longest Ride (2015, M) Scott Eastwood.	8.30 The Bonfire of the Vanities (1990, PG) Tom Hanks.	7.40 The Ultimate Accessory (2013, M) Valerie Lemercier.
11.10 Clown (2014, 16) Eli Roth.	11.05 Kidnapping Mr Heineken (2015, M) Sam Worthington.	10.35 That'll Be the Day (1973, M) David Essex.	9.25 Frank (2014, M) Michael Fassbender.
12.50 The Mystery Cruise (2013, M) Gail O'Grady.	12.40 Expecting (2013, 16) Michelle Monaghan.	12.05 Batman (1989, PG) Michael Keaton.	11.00 Fading Gigolo (2013, M) Woody Allen.
2.15 Fury (2014, 16) Brad Pitt.	2.10 Decoding Annie Parker (2013, M) Samantha Morton.	2.15 Batman Returns (1992, PG) Michael Keaton, Danny DeVito.	12.30 Bicycling with Molière (2013, M) Fabrice Luchini.
4.30 Edge of Tomorrow (2014, M) Tom Cruise, Emily Blunt.	3.50 Mini-series: The Great Train Robbery (2013, M, parts 1&2)	4.20 Batman Forever (1995, PG) Val Kilmer, Tommy Lee Jones.	2.15 Locke (2013, M) Tom Hardy.
6.20 Dawn of the Planet of the Apes (2014, M) Human survivors fight an ape empire. Gary Oldman, Jason Clarke, Keri Russell.	6.50 Lost in Translation (2003, PG) A jet-lagged movie actor and a bored young wife form a friendship while staying in the same Tokyo hotel. Bill Murray, Scarlett Johansson.	6.25 Batman & Robin (1997, PG) The Caped Crusader takes on Mr Freeze. George Clooney, Uma Thurman.	3.40 Iris (2014, M) US documentary.
8.30 The Gunman (2015, 16) A mercenary goes on the run when he is targeted by former colleagues who fear he will reveal compromising information. Sean Penn, Idris Elba, Ray Winstone, Jasmine Trinca.	8.30 Drumline: A New Beat (2014, M) An upper-class Brooklyn girl defies her parents in order to revitalise a once-prominent drum line. Alexandra Shipp, Leonard Roberts.	8.30 The Bodyguard (1992, M) A professional bodyguard falls in love with his latest client, a popular singer-turned-actress. Kevin Costner, Whitney Houston.	5.00 The Animal Condition (2014, M) Australian documentary.
10.30 Sex Tape (2014, 16) A couple discover that their intimate tape has gone missing. Jason Segel, Cameron Diaz.	10.20 The Other Boleyn Girl (2008, M) Natalie Portman.	10.35 Bean (1997, PG) A bumbling man is sent to oversee a gallery exhibition. Rowan Atkinson, Peter MacNicol.	6.35 Fort Bliss (2014, 16) Michelle Monaghan.
12.05am The Broken Shore (2013, 16) 1.50 Edge of Tomorrow (2014, M) 3.40 Dawn of the Planet of the Apes (2014, M) 5.50 The Gunman (2015, 16)	12.15am All Cheerleaders Die (2013, M) 1.45 Mini-series: The Great Train Robbery (2013, M, parts 1&2) 5.10 Drumline: A New Beat (2014, M)	12.05am Basic Instinct (1992, 18) 2.10 I Wanna Hold Your Hand (1978, PG) 3.55 Batman (1989, PG)	8.30 Hinterland (2015, 16, season 2, episode 3) Tonight: The discovery of a body in a lake leads to an investigation into a local teacher.
			10.10 A Second Chance (2014, 16) A police officer goes to desperate lengths to save a child. Nikolaj Coster-Waldau.
			11.50 The Hour of the Lynx (2013, 16) Sofie Gråbøl.
			1.25am The Animal Condition (2014, M) 3.00 Fort Bliss (2014, 16) 4.55 Bicycling with Molière (2013, M)

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 **iFish** **6.30** Through the Bible with Les Feldick
7.00 Wild Things with Dominic Monaghan **8.00** Buying Hawaii **8.30** Grand Tours of the Scottish Islands **9.00** The Liquidator **9.30** Million Dollar Critic with Giles Coren **10.30** This Old Thing with Dawn O'Porter **11.30** Baby Animals in the Wild **12.30** Wild Things with Dominic Monaghan **1.30** The Jonathan Ross Show **2.30** Jonathan Phang's Gourmet Trains **3.30** Empire **5.00** Beyond River Cottage **5.30** Jerusalem on a Plate **6.30** The Living Room **7.30** Extreme Railway Journeys **8.30** **Midnight in Paris** (2011, AO) On a trip to Paris with his fiancée's family, a nostalgic screenwriter finds himself travelling back to the 1920s. Owen Wilson, Rachel McAdams, Kathy Bates. **Films, page 70** **10.30** The Time of Our Lives (AO) **11.30** **Dan in Real Life** (2007, PGR) A single father falls in love with his brother's girlfriend. Steve Carell. **1.30am** Jonathan Phang's Gourmet Trains **2.30** Extreme Railway Journeys **3.30** Empire **5.00** Jerusalem on a Plate

UKTV SKY 007

6.15 The Bill Marathon (M) **10.25** A Touch of Frost (M) **12.15** The BRIT Awards 2016 (PG) **2.30** Midsumers Murders (M) **4.10** New Tricks (M) **5.10** Heartbeat (PG) **6.05** Pointless (PG) **7.00** Would I Lie to You? (PG) **7.30** Casualty (M) Family Matters: Jeff's father and sister are in a car accident. **8.30** A Touch of Frost (M) Mind Games: Frost reopens an unsolved murder case when the remains of a missing girl are discovered. **10.10** Doc Martin (M) Cats and Sharks: Martin prepares for his departure. **11.05** The Graham Norton Show (M) Tonight: Julianne Moore, Cuba Gooding Jr and Michael Flatley. **11.55** Cuckoo (M) Funeral: Ken's old professor's dying wish goes wrong. **12.25am** Heartbeat (PG) **1.20** Casualty (M) **2.15** Pointless (PG) **3.05** Would I Lie to You? (PG) **3.35** Doc Martin (PG) **4.30** Foyle's War (M)

Living SKY 017

6.00 Grand Designs Australia **7.00** Hotel in the Clouds **8.00** A Place in the Sun: Winter Sun **8.50** Britain's Best Back Gardens **9.50** Chelsea's Greatest Garden **10.45** Country House Sunday **11.35** Back



Sky Premiere: **The Gunman**, 8.30pm

of House **Noon** Location Location Location **1.00** Homes Under the Hammer **3.00** Grand Designs Australia **4.00** Bargain Hunt **5.00** James Nesbitt's Ireland **5.30** Antiques Roadtrip **6.30** Escape to the Country **7.30** Charlie's Chelsea Garden **8.30** Coast **9.30** Hotel India **10.30** Obsessive Compulsive Cleaners **11.30** Vacation Vacation Vacation **12.30am** James Nesbitt's Ireland **12.55** Bargain Hunt **1.50** Escape to the Country **2.40** Coast **3.40** Hotel India **4.40** Obsessive Compulsive Cleaners **5.30** Four in a Bed

Sky Arts SKY 020

6.00 Rockwiz **7.00** Art and Oligarchs **8.00** Grand Hotel (PG) **9.10** Carmen: Sydney Harbour **11.30** Cool Spaces: The Best New Architecture **12.30** The Legacy (PG) **1.30** Capture **2.00** Rockwiz **3.00** Art and Oligarchs **4.00** Lindsey Buckingham: Songs from the Small Machine **5.45** Alfred and Jakobine **7.00** Stars of the Silver Screen: James Cagney **7.45** Neil McCormick's Needle Time: Hank Marvin **8.30** Later with Jools Holland (G) Tonight: Blur; The Vaccines; Natalie Prass; Laura Marling; Davina and the Vagabonds; Songhoy Blues; and Marc Almond. **9.30** Front and Center **10.30** Chinese Viewfinder **11.00** Amnesty International: Struggle **12.00am** Lindsey Buckingham: Songs from the Small Machine **1.45** Alfred and Jakobine **3.00** Stars of the Silver Screen **3.45** Neil McCormick's Needle Time **4.30** Later with Jools Holland **5.30** Front and Center

SoHo SKY 010

6.10 Breaking Bad Marathon (18) Season three of the US crime-drama series. **5.00** From the Earth to the Moon (M) **Le Voyage Dans La Lune**: Gene Cernan, Jack Schmitt and others recall 1972's Apollo 17, which was the last moon mission. **6.00** Last Week Tonight with John Oliver (M) **6.30** **11.22.63** (16) The Rabbit Hole: Jake is shown a portal that leads back to 1960. The Kill Floor: Jake decides to try to save Harry's family. **8.30** Versailles (16) Des forces beaucoup plus puissantes et déterminées continuent de chercher à nous détruire: Henriette is gravely weakened by a mysterious illness, and Montespan's power continues to assert itself. **9.30** Vinyl (18) Yesterday Once More: Richie delivers a bombshell, and Devon ponders her relationship. **10.30** Mad Dogs (18) **11.30** American Crime Story: The People v OJ Simpson (16) **12.30am** From the Earth to the Moon (M) **1.30** **11.22.63** (16) **3.30** Versailles (16) **4.30** Vinyl (18) **5.30** American Crime Story: The People v OJ Simpson (16)

BBC World News SKY 089

6.00 BBC World News **6.30** Witness **7.00** BBC World News **7.10** Africa Business Report **7.30** The Travel Show **8.00** BBC World News **8.15** Sport Today **8.30** Click **9.00** BBC World News **9.10** Her Story **10.00** World News Today **10.30** Dateline London **11.00** BBC World News **11.30** Our World **Noon** BBC World News **12.10** World Features **12.30** Witness **1.00** BBC World News **1.30** Talking Movies **2.00** BBC World News **2.30** Dateline London **3.00** BBC World News **3.10** Her Story **4.00** BBC World News **4.30** Our World **5.00** BBC World News **5.30** Click **6.00** BBC World News **6.30** India Business Report **7.00** BBC World News **7.30** The Travel Show **8.00** BBC World News **8.10** Africa Business Report **8.30** Talking Movies **9.00** BBC World News **9.10** World Features **9.30** Dateline London **10.00** BBC World News **10.10** Storyville Global **11.00** BBC World News **11.10** World Features **11.30** Witness **12.00am** BBC World News **12.30** Newsnight **1.00** BBC World News **1.10** World Features **1.30** Talking Business **2.00** BBC World News **2.15** Sport Today **2.30** Click **3.00** BBC World News **3.30** Horizons **4.00** BBC World News **4.10** Her Story **5.00** BBC World News **5.30** India Business Report

SPORT

Sky Sport 1 SKY 051

6.00 Super Rugby, Stormers v Bulls, **live.** **6.05** World Rugby **6.30** Super Rugby, Sunwolves v Lions. **8.30** Super Rugby, Crusaders v Chiefs. **10.30** Cycling, Omloop Het Nieuwsblad race. **11.00** Sky Sport News NZ **11.30** UK Super League, Dragons v Rhinos. **Noon** Cricket, White Ferns v Australia, ODI, game one, **live.** **3.30** The Cricket Show **4.00** Cricket, North v South, **live.** **7.00** Cricket, White Ferns v Australia, ODI, game one. **7.30** Fox Sports News **8.00** Super Rugby, Crusaders v Chiefs. **8.30** Rugby Nation **9.30** Soccer, ASB Premiership, Auckland City FC v WaiBOP United. **11.30** Super Rugby, Kings v Sharks. **1.30am** NBL, grand final series, game two. **3.30** Kabaddi, Pro League. **4.00** NHL, Colorado Avalanche v Detroit Red Wings.

Sky Sport 2 SKY 052

6.00 Rugby, Six Nations, England v Ireland, **live.** **7.50** Super Rugby, Crusaders v Chiefs. **8.30** Super Rugby, Blues v Highlanders. **9.00** Kabaddi **9.30** NBL, grand final series, game one. **10.00** Sky Sports UK News **10.30** UK Super League, Dragons v Rhinos. **11.00** Super Rugby, Waratahs v Reds. **1.00** Sky Sport News NZ **1.30** Rowing, National C'ship. **2.30** FIM Superenduro. **3.10** World Superbikes, **live.** **6.00** UFC Fight Night, Bisping v Mousasi. **8.00** UK Super League, Rovers v St Helens. **8.30** UK Super League, Dragons v Rhinos. **9.00** Cycling, Omloop Het Nieuwsblad race. **9.30** NBL, grand final series, game two, **live.** **11.30** Kabaddi, Pro League. **12.00am** UFC Fight Night, Bisping v Mousasi. **2.00** Champions League Weekly **2.30** Soccer, Capital One Cup, final, **live.** **5.00** A-League, Phoenix v Melbourne City. **5.30** Golf, Australian Ladies Masters, final round.

Sky Sport 3 SKY 053

6.00 UK Super League, Dragons v Rhinos, **live.** **8.00** UK Super League, Rovers v St Helens. **8.30** Champions League Weekly **9.00** Gillette Soccer Saturday **11.00** Football League C'ship **1.00** Champions League Weekly **1.30** UK Super League,



BBC Knowledge: Sex Today: Prostitution, 8.30pm

Dragons v Rhinos. **3.30** Rowing, NZ C'ships. **4.30** ASB Premiership, Auckland City FC v WaiBOP United, **live.** **6.30** Champions League Weekly **7.00** A-League, Mariners v Jets, **live.** **9.00** Kabaddi **9.30** Fox Sports News **10.00** Golf, Australian Ladies Masters, final round. **10.30** UK Super League, Dragons v Rhinos. **11.00** Fox Sports News **11.30** Rugby Nation **12.30am** Super Rugby, Crusaders v Chiefs. **1.00** Super Rugby, Brumbies v Hurricanes. **1.30** A-League, Mariners v Jets. **3.30** NBL, grand final series, game two. **4.00** Golf, Australian Ladies Masters, final round. **4.30** Fox Sports News **5.00** UK Super League, Dragons v Rhinos. **5.30** Kabaddi

ESPN SKY 061

6.00 B-ball, College, Southeastern Conf, **live.** **8.00** B-ball, College, Big 12 Conf, **live.** **10.00** B-ball, College, Big Ten Conf, **live.** **Noon** B-ball, College, Atlantic Coast Conf, **live.** **2.00** NBA Countdown **2.30** B-ball, NBA, Golden State Warriors v Oklahoma City Thunder, **live.** **5.00** SportsCenter **6.00** Rugby, Six Nations, Italy v Scotland. **8.00** Rugby, Six Nations, England v Ireland. **10.00** ESPN Original Docs **11.00** Poker, World Series. **1.00am** Rugby, Six Nations, England v Ireland. **3.00** B-ball, NBA, Warriors v Thunder. **5.00** Yachting. **5.30** B-ball, College, Atlantic Coast Conf, replay.

DOCUMENTARIES

Discovery SKY 070

6.00 Destroyed in Seconds (PG) **6.30** MythBusters (PG) **8.30** Gold Rush (PG) **9.25** Treehouse Masters (PG) **10.20** Redwood Kings (PG) **11.15** Running Wild with Bear Grylls (M) **12.10** Alaska: Battle on the Bay (PG) **1.05** Inventions That Rocked the World (PG) **2.00** Railroad Alaska (PG) **4.45** Rebel Gold (PG) **5.40** Epic Bar Builds (PG) **6.35** Alaska: The Last Frontier (M) **7.30** Inventions That Rocked the World (PG) **8.30** Alien Mysteries (PG) Corina: Corina and her friend feel vibrations. **9.30** Mega Moves (PG) **10.30** Redwood Kings (PG) **11.30** Wondernesia (PG) **12.00am** Auction Hunters (PG) **12.30** MythBusters (PG) **1.25** Flying Wild Alaska (PG) **2.20** Auction Hunters (PG) **2.45** Destroyed in Seconds (PG) **3.15** Flying Wild Alaska (PG) **4.10** Dirty Jobs (PG) **5.05** MythBusters (PG)

National Geographic SKY 072

6.30 Prospectors (PG) **7.30** Killing Jesus (M) **8.30** The Lost Relic of Christ (PG) **9.30** Nazi Megastructures (PG) **10.30** Hitler's Last Year (M) **12.30** Supercar Megabuild (PG) **1.30** Megafactories (PG) **3.30** Air Crash Investigation (PG) **4.30** Situation Critical (M) **5.30** Seconds from Disaster (M) **6.30** Raising the Costa Concordia (PG) **7.30** Worst Weather Ever? (PG) It seems like the weather is out of control. **9.30** Air Crash Investigation (PG) Edge of Disaster: On a routine stop on the tiny Norwegian island of Stord, Atlantic Airways Flight 670 careens off the runway. **10.30** Drugs Inc. (M) **11.30** Megafactories (PG) **12.30am** Air Crash Investigation (PG) **1.30** Ultimate Airport Dubai (PG) **2.30** Inside the American Mob (M) **3.30** Air Crash Investigation (PG) **4.30** Salvage Code Red (M) **5.30** Street Genius (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO **6.08** Storytime **7.10** Sunday Morning with Wallace Chapman **7.43** The Week In Parliament **8.10** Insight **9.06** Mediawatch (RNZ) **12.11** Spectrum (RNZ) **12.37** Standing Room Only **3.04** Drama at Three The Great Tennessee Monkey Trial, by Peter Goodchild (F) **4.06** The Sunday Feature **5.00** The World at Five **5.11** Heart and Soul (BBC) **5.40** Te Waonui a Te Manu Korihi **6.06** Te Ahi Kaa (RNZ) **6.40** Voices **7.05** The TED Radio Hour **8.06** Sunday Night with Grant Walker (RNZ) **10.12** Mediawatch (RNZ) **10.45** The Week in Parliament **11.04** The Retro Cocktail Hour An hour of music from the Underground Martini Bunker at Kansas Public Radio (6 of 12, KPR) **12.04am** All Night Programme Including: 12.30 At the Movies with Simon Morris (RNZ); 1.05 Te Ahi Kaa (RNZ); 2.30 NZ Music Feature (RNZ); 3.05 The Girl who Proposed, by Elizabeth Smither (1 of 2, RNZ); 3.30 Science (RNZ); 5.10 An Awfully Big Adventure, by Jane Tolerton (10 of 15, RNZ)

Website: radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO **News and Weather** 6.00am, 8.00, 9.00am, noon, 3.00pm, 6.00pm **6.00** Sanctuary **7.30** Hymns on Sunday (RNZ) **8.00** Grace Notes **9.00** The Works

11.00 Concerts from The Frick Today: Charles Owen (pno), music by Debussy and Muhly (1 of 9, American Public Radio)

Noon The Critic's Choice

1.00 Vintage Years

2.00 The Sunday Feature: Words and Music Today: Flanders & Swann (F, RNZ)

3.00 Young New Zealand Todd Corporation Young Composer Awards 2015 (F, RNZ)

4.00 Spanish Follies and Others Music by Marais, Glazunov, Balakirev, Sivori and Rimsky-Korsakov

5.00 These Hopeful Machines Load Your Program. I Am Yourself: Computer music comes of age in the 70s (5 of 6, RNZ)

6.00 Opera on Sunday Metropolitan Opera Season. Nina Stemme, Anita Hartig, Marco Berti, Metropolitan Opera Chorus & Orch/ Paolo Carignani - Puccini's Turandot, an opera in three acts (9 of 23, EBU)

9.35 From the New Zealand Collection

10.00 Day's End Music to wind down to

12.00am Music Through the Night

Website: radionz.co.nz/concert

Radio Live

6.00 Tony Murrell **10.00** Heather du Plessis-Allan **2.00** Hamish McKay **6.00** Newshub **7.00** Vaughn Davis **8.00** Graeme Hill **12.00am** Joe Reid

Website: radiolive.co.nz

Newstalk ZB

6.00 Peter Wolfkamp **8.00** Daniel McHardy **9.00** Andrew Dickens **Noon** Tony Veitch **6.00** Jax Van Buuren & Sam Blore **7.30** John Cowan **8.00** Tim Wilson & Tim Roxborough **11.00** Mike King **1.00am** Bruce Russell

Website: newstalkzb.co.nz

TV1 FREEVIEW 1 SKY 001

6.00 Breakfast
9.00 Whanau Living (G, HD)
 Today: Mike Shatura makes a family dinner of roast lamb; Beez Ngarino has an exercise that takes just two minutes; and Jay Wanakore has tips for making flatpack furniture.

9.30 The Ellen DeGeneres Show (G, R, C) Today: Adele.

10.30 The Chase (G, R, C)

11.30 Brendan's Magical Mystery Tour (G, R, C) Today: Tour guide Brendan Sheerin heads to Istanbul, where belly dancing and Turkish delight tasting will determine which of his eight guests will be spoilt in a five-star hotel.

Noon ONE News (C)

12.30 Emmerdale (PGR, C) Today: Kerry puts her foot in it.

1.30 Real Pasifik (G, R, HD)
 Tahiti: Robert faces his biggest culinary challenge yet.

2.00 Our First Home (G, R, HD, C)
 Today: A clash of interests reduces one family to tears.

3.00 Dickinson's Real Deal (G)
 David Dickinson presents an antiques series.

3.55 Te Karere (C)

4.25 The Chase (G, C)
 Contestants race to answer quiz questions correctly to avoid being caught by the Chaser.

5.25 Millionaire Hot Seat (G, C)
 With Eddie McGuire.

6.00 ONE News (C)

7.00 Seven Sharp (C) Mike Hosking and Toni Street present current affairs.

7.30 Our First Home (G, HD, C)
 Tonight: One team has cause for celebration while another has to face some home truths, and a family task brings out the worst in one individual.

8.30 Criminal Minds (AO, C, AD)
 Pariahville: When a woman is murdered in a small town in Florida inhabited entirely by sex offenders, the team faces a community full of suspects.

9.30 Castle (AO, C) The Last Seduction: In order to locate the murderer of a seductive grifter, Beckett and Castle delve into the world of New York's elite, and Castle plans a surprise for Beckett on their one-year wedding anniversary.

10.30 ONE News Tonight (C)

11.00 Major Crimes (AO, R, C)
 Return to Sender: The squad must work quickly to track down a serial killer before he strikes again.

12.50am Te Karere (R, C)

1.15 Infomercials

5.05 Impact for Life

5.35 - 6.00 Te Karere (R, C)

TV2 FREEVIEW 2 SKY 002

6.00 Creflo Dollar Ministries

6.30 Tiki Tour (G, R, HD, C)

6.55 Angry Birds Toons (G, R, C)

7.00 My Little Pony: Friendship Is Magic (G, C)

7.20 Star vs the Forces of Evil (G)

7.45 Numb Chucks (G, R, C)

8.10 PAW Patrol (G, R, C)

8.35 Sheriff Callie's Wild West (G, R)

9.00 Infomercials

10.30 Neighbours (G, R, C)

11.00 Home and Away (R, C)

11.30 Shortland Street (PGR, R, HD, C, AD)

Noon Hope & Faith (G, R, C)

12.30 The Jeremy Kyle Show (PGR)

1.30 Judge Rinder (G)

2.30 The Ellen DeGeneres Show (G, C)

3.30 Angry Birds Toons (G, R, C)

3.35 Inspector Gadget (G)

4.05 Kickin' It (G, C)

4.30 The Adam and Eve Show (HD, C) Today: Hundy on a Mundy; a sports round-up; and the Academy Awards.

5.00 Friends (G, R, C)

5.30 Home and Away (C)

6.00 The Middle (G, R, C)

6.30 Neighbours (G, C) Tonight: Sonya is thrown into the deep end as mayor.

7.00 Shortland Street (PGR, HD, C, AD) Tonight: Boyd mislays the baby; Kylie commits to change; and Victoria is faced with a life and death decision. Writer Paul Hagan, director Ian Hughes.

7.30 The Middle (G, C)
 Homecoming II: The Tailgate: Frankie's mom decides to join her in the annual homecoming tailgate and ends up embarrassing her.

8.00 Grandfathered (PGR, C) My Amal: Jimmy goes out with Sara's co-worker.

8.30 Filthy Rich (AO, C) Tonight: Revelations force Brady to rethink her husband's death, and Joe regrets his actions from the night before.

9.30 The Walking Dead (AO, C)
 US post-apocalyptic series based on the comic-books by Robert Kirkman.

10.30 Mike & Molly (G, R, C)
 Samuel Gets Fired: Mike agrees to let Samuel move in.

10.55 Wentworth (AO, R, C)

11.55 Desperate Housewives (R, C)

12.50am Shortland Street (PGR, R, HD, C)

1.20 Infomercials

2.20 The Real (G)

3.10 Private Practice (AO, R, C)

3.55 Happy Endings (PGR, R)

4.15 A.N.T. Farm (G, R, C)

4.40 The Adam and Eve Show (R, HD, C)

5.05 Neighbours (G, R, C)

5.30 - 6.00 Infomercials

TV3 FREEVIEW 3 SKY 003

6.00 Paul Henry

9.00 Rachael Ray (G, HD)

10.00 Infomercials

11.30 Family Feud (R, HD, C)

Noon Newshub Midday

12.30 Dr Phil (AO, HD)

1.30 Sworn to Silence (2013, PGR, HD) A murder investigation triggers deep-seated emotions in a police chief. Neve Campbell.

3.25 Entertainment Tonight (G)

3.55 Jamie's 15-Minute Meals (G, R, C)

4.25 The X Factor Australia (G, HD)

5.30 Family Feud (C, HD)

6.00 Newshub Live

7.00 Story Duncan Garner and Heather du Plessis-Allan present current affairs.

7.30 House Rules (HD)
 Tonight: The remaining two teams complete one final challenge at their opponent's home before voting begins.

8.35 Mr & Mrs Smith (2005, AO, R, C, HD)
 A couple whose marriage has lost its spark keep their jobs as hired assassins secret from each other, but their deception is exposed when the rival organisations they work for give them the same assignment. Brad Pitt, Angelina Jolie.

11.00 Newshub Late News, entertainment and pop culture.

11.30 The Nation (R) Lisa Owen presents current affairs.

12.40am Infomercials

5.30 - 6.00 City Impact Church (R)



TV3: Mr & Mrs Smith, 8.35pm

PRIME FREEVIEW 10 SKY 004

6.00 Home Shopping

6.30 The Crowd Goes Wild (G, R)

7.00 Deal or No Deal (G, R)

7.30 Home Shopping

Noon The Doctors (G)

1.00 Marco Pierre White's Kitchen Wars (G, R)

2.00 The Tonight Show Starring Jimmy Fallon (PGR, R)

3.00 The Crowd Goes Wild (G, R)

3.30 Antiques Roadshow (G, R, C)

4.30 Hot Bench (G)

5.00 Deal or No Deal (G)

5.30 Prime News

6.00 Escape to the Country (G)

7.00 The Crowd Goes Wild (G)

7.30 Escape to the Continent (G, C)

8.30 24 Hours on Earth (G, C)
 Tonight: The sun disappears, but life is still as dramatic.

9.40 Inside Story (PGR) Tonight: Terror in the Mall.

10.40 The Tonight Show Starring Jimmy Fallon (PGR)

11.40 The Crowd Goes Wild (G, R)

12.10am Home Shopping

1.40 The Crowd Goes Wild (G, R)

2.10 - 6.00 Home Shopping

MAORI FREEVIEW 5 SKY 019

6.30 Children's Programmes (G, R)

8.00 Matika (G, R)

8.30 Te Kaea (R)

9.00 Tatai Hono (G, R)

9.30 Kai Time on the Road (G, R)

10.00 Korero Mai (G, R)

11.00 Toku Reo (G, R)

Noon Korero Mai (G, R)

1.00 Toku Reo (G, R)

2.00 Ako (G, R)

3.00 City Slickers Rodeo (G, R)

3.30 Nga Pari Karangaranga (G, R)

4.00 Whanau Living (G)

4.30 Tagata Pasifika

5.00 Tribe (G, R)

5.30 Te Kaea

6.00 Pukoro (G, R)

6.30 Pukana (G, R)

7.00 Waiata (G, R)

7.30 Iwi Anthems (G, R)

8.00 Lost in Translation (G, R)

8.30 Native Land: Return to Rurutu (PGR) Documentary about two siblings who rediscover their roots.

9.30 First Contact (AO)

10.30 Te Kaea (R)

11.00 - 11.30 Kawe Korero: Reporters Journalists discuss the day's news.

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>7.45 The Broken Shore (2013, 16) Don Hany.</p> <p>9.30 Edge of Tomorrow (2014, M) Tom Cruise.</p> <p>11.20 Sex Tape (2014, 16) Jason Segel.</p> <p>12.55 The Signal (2014, M) Laurence Fishburne.</p> <p>2.30 The 88th Annual Academy Awards (PG) Chris Rock hosts the Oscars live from the Dolby Theatre, Hollywood.</p> <p>6.10 Biography: Reese Witherspoon (PG)</p> <p>7.00 Hot Pursuit (2015, M) Reese Witherspoon.</p> <p>8.30 Insidious: Chapter 3 (2015, M) A teenager senses that her late mother is trying to contact her. Dermot Mulroney, Stefanie Scott.</p> <p>10.10 Fast & Furious 7 (2015, M) Dom and the team come under attack from the brother of the defeated Owen Shaw. Vin Diesel, Paul Walker, Jason Statham.</p> <p>12.25am The Mule (2014, 16) 2.05 Hot Pursuit (2015, M) 3.35 Insidious: Chapter 3 (2015, M) 5.10 Fast & Furious 7 (2015, M)</p>	<p>6.55 Lost in Translation (2003, PG) Bill Murray.</p> <p>8.35 Decoding Annie Parker (2013, M) Samantha Morton.</p> <p>10.15 The Other Boleyn Girl (2008, M) Natalie Portman.</p> <p>12.10 All Cheerleaders Die (2013, M) Caitlin Stasey.</p> <p>1.45 Drumline: A New Beat (2014, M) Alexandra Shipp, Leonard Roberts.</p> <p>3.30 The Privileged (2013, 18) Sam Trammell, Joshua Close.</p> <p>4.50 Pride & Prejudice (2005, G) Based on the story by Jane Austen about five sisters who are unable to inherit. Keira Knightley.</p> <p>6.55 While We're Young (2014, M) A childless New York couple have their marriage and careers overturned when a young couple enter their life. Ben Stiller. Films, page 70</p> <p>8.30 The 88th Annual Academy Awards (PG) Hosted by Chris Rock.</p> <p>12.15am The Wedding Ringer (2015, M) 1.55 Red Wing (2013, M) 3.45 #PopFan (2014, M) 5.15 Pride & Prejudice (2005, G)</p>	<p>6.05 Batman Returns (1992, PG) Michael Keaton.</p> <p>8.10 Batman Forever (1995, PG) Val Kilmer.</p> <p>10.30 The Stalking Moon (1968, PG) Gregory Peck.</p> <p>12.20 The Wicker Man (1973, 16) Edward Woodward.</p> <p>1.50 Quick Change (1990, PG) Bill Murray.</p> <p>3.20 Inside Story: Ferris Bueller's Day Off (PG)</p> <p>4.55 Man in the Wilderness (1971, M) Richard Harris.</p> <p>6.40 American Graffiti (1973, M) In California in 1962, four young men gather for a night of fun. Richard Dreyfuss.</p> <p>8.30 Are You Being Served? (1977, PG) When a famous department store closes its doors for renovations, the staff set off for a holiday at the beach. John Inman.</p> <p>10.05 Field of Dreams (1989, PG) Kevin Costner.</p> <p>11.50 The Pledge (2001, 16) Jack Nicholson.</p> <p>1.55am The Stalking Moon (1968, PG) 3.45 The Wicker Man (1973, 16) 5.15 Man in the Wilderness (1971, M)</p>	<p>6.40 Uphill (2013, M) Jackie van Beek.</p> <p>7.00 Locke (2013, M) Tom Hardy.</p> <p>8.25 Hinterland (2015, 16, season 2, episode 3)</p> <p>10.05 A Second Chance (2014, 16) Nikolaj Coster-Waldau.</p> <p>11.45 The Diplomat (2015, M) US documentary.</p> <p>1.35 Bright Days Ahead (2013, M) Fanny Ardant.</p> <p>3.10 1971 (2014, M) US documentary.</p> <p>4.30 Great Expectations (2012, M) Ralph Fiennes.</p> <p>6.40 Half of a Yellow Sun (2013, M) Chiwetel Ejiofor.</p> <p>8.30 Samba (2014, M) An immigrant and an executive struggle to get out of the dead-ends of their lives, until fate draws them together. Omar Sy, Charlotte Gainsbourg, Tahar Rahim.</p> <p>10.30 Queenie (2014, G) Local short film. Erin Banks.</p> <p>10.45 Sunlight Jr (2013, 16) A couple deal with an unexpected pregnancy. Naomi Watts.</p> <p>12.20am Damien (2014, M) 12.30 The Bridge Marathon (2011, 16)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 Benny Hinn **6.50** Beyond River Cottage

7.00 The Living Room **8.00** Planet Food **9.00** Extreme Railway Journeys **10.00** Beyond River Cottage **10.30** Jerusalem on a Plate **11.30** Buying Hawaii **Noon** Jonathan Phang's Gourmet Trains

1.00 Empire **2.05** The Living Room **3.00** Dear Genevieve **3.30** World's Wildest City **4.00** Secret Shark Pits **5.00** Jamie at Home **5.30** Poh's Kitchen **6.00** Selling LA **6.30** Home by Novogratz **7.00** Beverly Hills Pawn **7.30** The Mekong River with Sue Perkins **8.30** Billy Connolly's Route 66 (PGR) **9.30** Wild Shepherdess with Kate Humble **10.30** Beverly Hills Pawn **11.00** Jamie at Home **11.30** Poh's Kitchen **12.00am** Gardeners' World **12.30** Benny Hinn **1.00** Dear Genevieve **1.30** World's Wildest City **2.00** Secret Shark Pits **3.00** Selling LA **3.30** Home by Novogratz **4.00** Billy Connolly's Route 66 (PGR) **5.00** The Mekong River with Sue Perkins

UKTV SKY 007

6.20 QI (M) **7.20** EastEnders (PG) **7.50** The Bill (M) **9.30** Pointless (PG) **10.20** Lewis (M) **Noon** Pointless (PG) **12.50** Call the Midwife (PG) **1.45** New Tricks (M) **2.40** Lewis (M) **4.20** The Bill (M) **6.00** The Vicar of Dibley (PG) **6.30** Keeping Up Appearances (PG) **7.00** EastEnders (PG) **7.30** QI (M) **8.00** Would I Lie to You? (PG) **8.30** New Tricks (M) Wild Justice: Miller faces a dilemma after the revelation of a corrupt senior officer throws a previous conviction into doubt. **9.30** Luther (16) Tonight: On the trail of a cannibalistic killer, Luther is dogged at every step by ghosts from his past. **10.30** Would I Lie to You? (PG) **11.00** The Graham Norton Show (M) Tonight: John Cleese, Taylor Swift, Kevin Pietersen and Neil Diamond. **11.50** The Bill (M) **12.40am** Pointless (PG) **1.30** 'Allo! 'Allo! (PG) **2.00** Lewis (M) **3.35** Foyle's War (M) **5.25** Pointless (PG)

Living SKY 017

6.00 Antiques Roadtrip **7.00** Escape to the Country **8.00** James Nesbitt's Ireland **8.25** Coast **9.25** Hotel India **10.25** Bargain Hunt **11.20** Obsessive Compulsive Cleaners **12.20** Vacation Vacation



Rialto: **Samba**, 8.30pm

Vacation **1.20** Escape to the Country **2.10** A Place in the Sun: Summer Sun **3.05** Zoo Days (M) **3.35** Grand Designs Revised **4.30** Coast **5.30** Hotel India **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Grand Designs Australia **9.30** Superior Interiors with Kelly Hoppen **10.30** Holmes Inspection **11.30** Grand Designs Revised **12.25am** Antiques Roadshow **1.25** Homes Under the Hammer **2.25** Grand Designs Australia **3.20** Superior Interiors with Kelly Hoppen **4.10** Holmes Inspection **5.10** A Place in the Sun: Summer Sun

Sky Arts SKY 020

6.00 Front and Center **6.30** Chinese Viewfinder: Mutations of the Landscape **7.00** Amnesty International: Struggle **8.00** Lindsey Buckingham: Songs from the Small Machine **9.45** Alfred and Jakobine **11.00** Stars of the Silver Screen **11.45** Neil McCormick's Needle Time **12.30** Later with Jools Holland **1.30** Front and Center **2.30** Chinese Viewfinder: Mutations of the Landscape **3.00** Amnesty International: Struggle **4.00** The March **5.00** The Portrait **6.00** Put Some Colour in Your Life **7.00** Tzvetanka **8.10** Ninth Symphony by Maurice Bejart **9.40** Mr Peacock's Day (G) Short film based on the Katherine Mansfield story. **10.00** Bellany **11.00** Living the Life **12.00am** The March **1.00** The Portrait **2.00** Put Some Colour in Your Life **3.00** Tzvetanka **4.10** Ninth Symphony by Maurice Bejart

SoHo SKY 010

6.30 From the Earth to the Moon (M) **7.30** Versailles (16) **8.30** Vinyl (18) **9.30** Mad Dogs (18) **10.30** American Crime Story: The People v OJ Simpson (16) **11.30** Damages (M) **12.15** From the Earth to the Moon (M) **1.15** Last Week Tonight with John Oliver (M) **1.45** 11.22.63 (16) **3.45** Versailles (16) **4.45** Mad Dogs (18) **5.45** American Crime Story: The People v OJ Simpson (16) **6.45** Damages (M) Tell Me I'm Not Racist: Ellen hires an investigator to look into her sister's case. **7.30** Vinyl (18) **8.30** Vinyl (18) Whispered Secrets: Richie is embarrassed at a record producers' banquet; a junior A&R rep courts Alice Cooper; and Richie approaches Lester about releasing some of his old blues demos. **9.30** Mad Dogs (18) **10.30** Last Week Tonight with John Oliver (M) **11.00** Damages (M) All That Crap About Your Family: Ellen pays a visit to the woman from her dreams to discover if she is her birth mother. **11.45** **■** Phil Spector (2013, M) Al Pacino, Helen Mirren. **1.15am** Baskets (M) **1.45** Vinyl (18) **3.45** Mad Dogs (18) **4.45** Baskets (M) **5.15** Last Week Tonight with John Oliver (M) **5.45** Damages (M)

BBC World News SKY 089

6.00 BBC World News **6.30** Our World **7.00** BBC World News **7.10** World Features **7.30** Talking Business **8.00** BBC World News **8.15** Sport Today **8.30** Talking Movies **9.00** BBC World News **9.10** Storyville Global **10.00** World News Today **10.30** Horizons **11.00** BBC World News **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** Newsday **1.30** Asia Business Report **1.45** Sport Today **2.00** Newsday **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** Asia Business Report **3.45** Sport Today **4.00** BBC World News **4.30** Witness **5.00** BBC World News **5.30** HARDtalk **6.00** BBC World News **6.30** World Business Report **6.45** BBC World News **7.30** World Business Report **7.45** BBC World News **8.45** World Business Report **9.00** BBC World News **9.30** BBC Business Live **10.00** BBC World News **10.30** HARDtalk **11.00** BBC World News **11.30** World Business Report **11.45** Sport Today **12.00am** GMT **2.00** BBC Impact **3.30** World Business Report **3.45** Sport Today **4.00** Global with Matthew Amroliwala **5.30** HARDtalk

SPORT

Sky Sport 1 SKY 051

6.00 Rugby Nation **7.00** Golf, Australian Ladies Masters, final round. **7.30** Kabaddi **8.00** NBL, grand final series, game two. **8.30** The Cricket Show **9.00** Cricket, White Ferns v Australia, ODI, game one. **9.30** Cricket, North v South. **10.00** Rugby Nation **11.00** Super Rugby, Blues v Highlanders. **11.30** Super Rugby, Brumbies v Hurricanes. **Noon** Super Rugby, Crusaders v Chiefs. **12.30** Super League, Hull FC v Castleford. **1.00** UK Super League, Rovers v St Helens. **1.30** UK Super League, Dragons v Rhinos. **2.00** Cycling, Omloop Het Nieuwsblad race. **2.30** Golf, Australian Ladies Masters, final round. **3.00** Golf Central **4.00** Arsenal TV **7.00** The Cricket Show **7.30** Rugby Nation **8.30** Golf, Australian Ladies Masters, final round. **9.00** Champions League Weekly **9.30** NZ Football Weekly **10.00** NHL, Anaheim Ducks v LA Kings. **12.00am** Arsenal TV **3.00** Darts, Premier League.



Sky Sport 2: NHL ice hockey, 3.00pm

Sky Sport 2 SKY 052

6.00 Kabaddi **6.30** Nascar Sprint Cup, **live**. **11.00** Fox Sports News **11.30** Golf, Ladies Masters, final round. **Noon** NBL, grand final series, game two. **2.00** Rugby Nation **3.00** NHL, Anaheim Ducks v LA Kings, **live**. **6.00** Super Rugby, Blues v Highlanders. **6.30** Super Rugby, Brumbies v Hurricanes. **7.00** Super Rugby, Crusaders v Chiefs. **7.30** NBL, grand final series, game two. **9.30** Super Rugby, Blues v Highlanders. **10.00** Super Rugby, Brumbies v Hurricanes. **10.30** Super Rugby, Crusaders v Chiefs. **11.00** Rugby Nation **12.00am** Chelsea TV **3.00** The Crowd Goes Wild **3.30** Fox Sports News **4.00** A-League Highlights **4.30** NZ Football Weekly **5.00** Football League Show **5.30** Kabaddi

Sky Sport 3 SKY 053

6.00 NBL, grand final series, game two. **8.00** Fox Sports News **8.30** Super Rugby, Blues v Highlanders. **10.30** NBL, grand final series, game two. **11.00** UEFA Champions League Weekly **11.30** A-League, Phoenix v Melbourne City. **Noon**

DOCUMENTARIES

Discovery SKY 070

6.00 Destroyed in Seconds (PG) **6.30** Deadliest Catch (PG) **7.30** The Pool Master (PG) **8.30** MythBusters (PG) **9.25** Mega Moves (PG) **10.20** Alien Mysteries (PG) **11.15** Scorned: Love Kills (M) **12.10** Web of Lies (M) **1.05** A Crime to Remember (M) **2.00** How It's Made (PG) **2.55** How Do They Do It? (PG) **3.20** Auction Kings (PG) **3.50** The Pool Master (PG) **4.45** Mega Moves (PG) **5.40** MythBusters (PG) **6.35** Running Wild with Bear Grylls (M) **7.30** Auction Hunters (PG) **8.30** MythBusters (PG) **9.30** Chaos Caught on Camera (M) **10.30** How It's Made (PG) **11.30** The Pool Master (PG) **12.30am** Deadly Devotion (M) **1.25** Dates from Hell (M) **2.20** Auction Kings (PG) **2.45** Destroyed in Seconds (PG) **3.15** Deadliest Catch (PG) **4.10** Dirty Jobs (PG) **5.05** Flying Wild Alaska (PG)

National Geographic SKY 072

6.00 Science of Stupid (M) **6.30** Ultimate Airport Dubai (PG) **7.30** Prospectors (PG) **8.30** Wicked Tuna (M) **9.30** Innovation Nation (PG) **10.00** Brain Games (PG) **10.30** Supercar Megabuild (PG) **11.30** Engineering Connections **12.30** Air Crash Investigation (PG) **1.30** Headhunters of WWII (M) **2.30** Hitler's Jurassic Monsters (M) **3.30** Hunting Hitler's Stolen Treasures (PG) **4.30** Japan's Secret Weapon (PG) **5.30** Nazi Megastuctures (PG) **6.30** Science of Stupid (M) **7.00** Brain Games (PG) **7.30** Anne Frank: After the Annex (M) **9.30** Elizabeth: Virgin Queen (PG) **10.30** StarTalk (M) **11.30** Hitler's GI Death Camp (M) **12.30am** Air Crash Investigation (PG) **1.30** Ultimate Airport Dubai (PG) **2.30** Inside the American Mob (M) **3.30** Air Crash Investigation (PG) **4.30** Salvage Code Red (M) **5.30** Street Genius (PG)

History SKY 073

6.30 Inside: Lebanon Hostage Crisis (PG) **7.30** Hitler: A Profile (PG) **8.30** Monarchy by David Starkey (PG) **9.30** China's Forbidden City (M) **10.30** Secrets of the Ancients **11.30** How We Got to Now (PG) **12.30** Australia: The Story of Us (PG) **1.30** Inside: Lebanon Hostage Crisis (PG) **2.30** Battleplan (PG) **3.30** Secrets of War (M) **4.30** Troy (PG) **5.30** Castles: Britain's Fortified History (PG) **6.30** Ancient Discoveries (PG) **7.30** How We Got to Now (PG) **8.30** History's Ultimate Spies (PG) Counter Terrorism - Cecil and the Gunpowder Plot: Cecil was a formidable political operator. **9.30** Bloody Tales of the Tower (PG) **10.30** How We Got to Now (PG) **11.30** Ancient Black Ops (M) **12.30am** Battleplan (PG) **1.30** Secrets of War (M) **2.30** Tales of the Gun (PG) **3.30** The World at War (PG) **4.00** How We Got to Now **4.45** History's Ultimate Spies (PG) **5.30** Bloody Tales of the Tower (PG)

BBC Knowledge SKY 074

6.25 Michael Palin's New Europe (M) **7.25** Brazil with Michael Palin (M) **10.15** Eggheads (PG) **10.45** James May's Motorcycle Diary (PG) **11.45** Traffic Cops (PG) **12.50** Top Gear (PG) **1.55** Who Do You Think You Are? (PG) Gareth Malone **3.00** Embarrassing Bodies (M) **3.50** Eggheads (PG) **4.20** Top Gear (PG) **6.25** Traffic Cops (PG) **7.35** 24 Hours in A&E (M) **8.30** Sex Today (M) An investigation into modern sexuality in the UK. **9.30** 24 Hours in Police Custody (M) A Sixth Sense: A man is alleged to have assaulted a taxi driver. **10.25** Traffic Cops (M) **11.30** Top Gear (PG) **12.25am** James May's Motorcycle Diary (PG) **1.25** Brazil with Michael Palin (M) **2.25** Embarrassing Bodies (M) **3.15** 24 Hours in A&E (M) **4.05** Sex Today (M) **5.00** 24 Hours in Police Custody (M) **5.50** Embarrassing Bodies Revisits (M)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.00 Morning Report Including: 6.16 and 6.50 Business News; 6.18 Pacific News; 6.26 Rural News; 6.48 and 7.45 NZ Newspapers **9.06 Nine to Noon with Kathryn Ryan** Including: 10.45 The Reading: Where The Rekohu Bone Sings, by Tina Makereti (1 of 15, RNZ)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Jesse Mulligan

4.06 The Panel with Jim Mora

5.00 Checkpoint with John Campbell

6.30 Worldwatch-PM with John Greaves

7.06 Nights with Bryan Crump

8.13 Windows on the World

9.30 Insight Coverage of national and international current affairs (RNZ)

10.00 News and Late Edition

11.06 Beale Street Caravan David Knowles introduces the Memphis-based radio show with an international reputation for its location recordings of blues musicians live in concert (5 of 13, BSC)

12.04am All Night Programme Including:

12.05 Music After Midnight; 12.30 Spectrum (RNZ); 1.05 From the World (RNZ); 2.05 A Short History of Jazz - The 1990s and Beyond (4 of 4, WFIU) 3.05 The Girl who Proposed, by Elizabeth Smither (2 of 2, RNZ); 3.30 An Author's View (RNZ); 5.10 Witness (BBC)

Website: radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00am, 7.00, 8.00, 9.00am, noon, 3.00, 5.00, 6.00, 10.00pm **6.00 Classic Morning with Rick Young**

Including hourly RNZ News

10.00 Weekday Classics with Clarissa Dunn Including RNZ News at noon

1.00 Upbeat with Eva Radich Music news & current affairs (RNZ)

2.00 Made in New Zealand NZ performers and composers

3.00 Classic Afternoons with David Morris

Including RNZ News at 3.00, 5.00 and 6.00pm

7.00 Appointment 2015 Gramophone Awards Best Choral Recording: Elgar: The Dream of Gerontius, Part 2, Sarah Connolly (mezzo), Stuart Skelton (ten), David Soar (bass), BBC Symphony Chorus & Orch/Andrew Davis (Chandos CHSA 5140)

8.00 Music Alive Surge, NZTrio - Chopin:

Piano Trio in G minor Op 8; Hamilton: The Faraday Cage; Saint-Saëns: Piano Trio No 2 in E minor Op 92

9.25 Caetani Conducts Music by Gounod, Stephan and Verdi

10.00 Day's End Music to wind down to

12.00am Music Through the Night

Website: radionz.co.nz/concert

Radio Live

6.00 Paul Henry 9.00 Mark Sainsbury Noon Willie Jackson & Alison Mau 3.00 Duncan Garner 6.00 Newshub Live 7.00 Story 7.30 Paul Henry Highlights 8.00 Karyn Hay 12.00am Tony Amos 5.00 James Coleman

Website: radiolive.co.nz

Newstalk ZB

6.00 Mike Hosking 8.30 Leighton Smith Noon Kerre McIvor & Mark Dye 4.00 Larry Williams 7.00 Mark Watson 8.00 Marcus Lush 12.00am Bruce Russell 5.00 Rachel Smalley

Website: newstalkzb.co.nz

TV1	FREEVIEW 1 SKY 001	TV2	FREEVIEW 2 SKY 002	TV3	FREEVIEW 3 SKY 003	
6.00 Breakfast		6.00 Creflo Dollar Ministries		6.00 Paul Henry		
9.00 Whanau Living (G, HD)	Today: Horticulturalist Nicola Kawana is in the kitchen making a healthy meal using things from her garden.	6.30 Tiki Tour (G, R, HD, C)		9.00 Rachael Ray (G, HD)		
		6.55 Angry Birds Toons (G, R, C)		10.00 Infomercials		
9.30 The Ellen DeGeneres Show (G, R, C)	Today: Rebel Wilson.	7.00 My Little Pony: Friendship Is Magic (G, C)		11.30 Family Feud (R, C, HD)		
10.30 The Chase (G, R, C)	Hosted by Bradley Walsh.	7.20 Yo-Kai Watch (R, C)		Noon NewsHub Midday		
11.30 Brendan's Magical Mystery Tour (G, R, C)	Today: Brendan Sheerin's tour of Istanbul continues as he leads his eight participants in three more challenges based on spice tasting, antique valuing and carpet sorting.	7.45 Numb Chucks (G, R, C)		12.30 Dr Phil (AO, HD)		
Noon ONE News (C)		8.10 PAW Patrol (G, R, C)		1.30 ■ The Toyman Killer (2013, PGR, HD) A psychologist evaluates a death-row inmate to determine whether the girl is faking her condition. Sarah Carter.		
12.30 Emmerdale (PGR, C)	Today: Nicola has second thoughts.	8.35 Sheriff Callie's Wild West (G, R)				
1.00 Coronation Street	(PGR, R, C, AD)	9.00 Infomercials		3.30 Entertainment Tonight (G)		
	Today: Steve tells Tina a few home truths; Tracy makes Rob an offer; and Leanne struggles to resist Kal.	10.30 Neighbours (G, R, C)		4.00 Jamie's 15-Minute Meals (G, R, C)		
2.00 Our First Home (G, R, HD, C)	Today: One team has to face some hard home truths.	11.00 Home and Away (R, C)		4.30 The X Factor Australia (G, R, HD)		
3.00 Dickinson's Real Deal (G)	David Dickinson presents an antiques series.	11.30 Shortland Street (PGR, R, HD, C, AD)		5.30 Family Feud (C, HD)		
3.55 Te Karere (C)		Noon Hope & Faith (G, R, C)		6.00 NewsHub Live		
4.25 The Chase (G, C)		12.30 The Jeremy Kyle Show (PGR)		7.00 Story With Duncan Garner and Heather du Plessis-Allan.		
5.25 Millionaire Hot Seat (G, C)	With Eddie McGuire.	1.30 Judge Rinder (G)		7.30 ■ House Rules (HD)		
6.00 ONE News (C)		2.30 The Ellen DeGeneres Show (G, C)	Today: David Duchovny.		Grand Final: The winner is decided.	
7.00 Seven Sharp (C)		3.30 Angry Birds Toons (G, R, C)		8.35 NCIS (AO, C, HD)	Spinning Wheel: Ducky is attacked by a man claiming to have information about his half-brother who died decades ago.	
7.30 Our First Home (G, HD, C)	Tonight: The clock is ticking before the families reveal another space to experts Matt and Dan, but after one family ignores some expert advice, a slap across the wrist will be the least of their troubles.	3.35 Inspector Gadget (G)		9.30 Law & Order: SVU (AO, C, HD)	Spousal Privilege: A former gridiron player is caught on a security tape assaulting his partner.	
		4.05 Kickin' It (G, C)		10.30 NewsHub Late News,	entertainment and pop culture.	
8.30 The Secret Life of Four Year Olds (G, C, AD)	UK documentary in which the four-year-olds return to the nursery and are joined by some new faces, and cheeky entertainer Taylor tries to befriend the girls.	4.30 The Adam and Eve Show (HD, C)	Today: Adam and Eve try weather reporting, and chat with a star of Home and Away.	11.00 The Good Wife (AO, HD)	Driven: Alicia defends a tech company employee charged with crashing a self-driving car.	
		5.00 Friends (G, R, C)		12.00am - 6.00 Infomercials		
9.30 How the Rich Get Hitched (G, C, AD)	UK documentary about the world of high-end weddings that goes behind the scenes of elite couture bridal shop Caroline Castiglione.	5.30 Home and Away (C)				
10.35 ONE News Tonight (C)		6.00 The Middle (G, R, C)				
11.05 Stalker (AO, C)	Love is a Battlefield: After a series of alarming occurrences befall a philanthropist, the unit investigates the victim's ex-husband.	6.30 Neighbours (G, C)				
		7.00 Shortland Street (PGR, R, HD, C, AD)				
12.00am Karli Thomas and the Raiders of the Last Tuna (AO, R, HD, C)		1.20 Infomercials				
12.50 Te Karere (R, C)		2.20 The Real (PGR)				
1.15 Infomercials		3.10 Private Practice (PGR, R, C)				
5.35 - 6.00 Te Karere (R, C)		3.55 ■ Happy Endings (PGR, R)				



TV2: Rizzoli & Isles, 11.55pm

PRIME

FREEVIEW 10 SKY 004

6.00 Home Shopping
6.30 The Crowd Goes Wild (G, R)
7.00 Deal or No Deal (G, R)
7.30 Home Shopping
Noon The Doctors (PGR)
1.00 Marco Pierre White's Kitchen Wars (G, R)
2.00 The Tonight Show Starring Jimmy Fallon (PGR, R)
3.00 The Crowd Goes Wild (G, R)
3.30 Antiques Roadshow (G, R, C)
4.30 Hot Bench (G)
5.00 Deal or No Deal (G)
5.30 Prime News
6.00 Escape to the Country (G)
7.00 The Crowd Goes Wild (G)
7.30 Zoo (PGR) Sleuths: The team travels to Paris.
8.30 ■ The Host (2006, AO, C)
A monster created by pollution snatches a young woman. Kang-ho Song, Byun Hee-bong. Films, page 70
11.10 The Tonight Show Starring Jimmy Fallon (PGR)
12.10am The Crowd Goes Wild (G, R)
12.40 Home Shopping
2.10 The Crowd Goes Wild (G, R)
2.40 - 6.00 Home Shopping

FOUR

FREEVIEW 4 SKY 012

6.00 Children's Programmes
10.05 Infomercials
2.00 Sesame Street (G, R)
2.55 Pingu (G, R)
3.00 Sticky TV
4.35 Strange Hill High (G, R)
5.00 Drake and Josh (G, R)
5.30 The Nanny (G, R, C)
6.00 It Only Hurts When I Laugh (G, R)
6.30 How I Met Your Mother (G, R)
Vesuvius: Ted helps Barney suit up for the wedding.
7.00 The Simpsons (PGR, R, C)
Homer the Father: Bart decides to become a spy.
7.30 ■ The Big Ward (G, HD, C, AD)
Tonight: Agoraphobic Josephine ventures outside.
8.00 RBT (PGR, C)
Tonight: A driver is so drunk, he steers into an oncoming police car.
8.30 Filthy Rich (AO, C, AD)
Tonight: Savannah's triumph is quickly undercut, and Brady sends Cherry on an indecent mission.
9.30 How to Get Away with Murder (AO, C, AD)
It's Called the Octopus: After taking on a new client, the team investigates a high-end sex club.
10.30 Mike & Molly (PGR, R, C)
Cigar Talk: Vince asks for Mike's help achieving his diploma.
11.00 Cougar Town (PGR, R, C)
11.55 ■ Rizzoli & Isles (AO, C)
Season five of the US cop show.
12.50am Shortland Street (PGR, R, HD, C, AD)
1.20 Infomercials
2.20 The Real (PGR)
3.10 Private Practice (PGR, R, C)
3.55 ■ Happy Endings (PGR, R)
4.15 A.N.T. Farm (G, R, C)
4.40 The Adam and Eve Show (R, HD, C)
5.05 Neighbours (G, R, C)
5.30 - 6.00 Infomercials
6.30 Children's Programmes
8.00 Matika (G, R)
8.30 Te Kaea (R)
9.00 Kawe Korero: Reporters (R)
9.30 Kai Time on the Road (G, R)
10.00 Korero Mai (G, R)
11.00 Toku Reo (G, R)
Noon Korero Mai (G, R)
1.00 Toku Reo (G, R)
2.00 Ako (G, R)
3.00 City Slickers Rodeo (G, R)
3.30 Nga Pari Karangaranga (G, R)
4.00 Whanau Living (G)
4.30 Fresh (G)
5.00 Tribe (G, R)
5.30 Te Kaea
6.00 Pukoro (G, R)
6.30 Pukana (G, R)
7.00 Waiaita (G, R)
7.30 Iwi Anthems (G, R)
8.00 Get Your Fish On (PGR, R)
8.30 ■ Bhutto (2010, AO, R)
US/UK documentary about the assassination of Benazir Bhutto.
10.30 Te Kaea (R)
11.00 - 11.30 Kawe Korero: Reporters

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
9.05 The Signal (2014, M) Laurence Fishburne.	7.50 The Wedding Ringer (2015, M) Kevin Hart.	7.00 American Graffiti (1973, M) Richard Dreyfuss.	6.30 The Bridge Marathon (2011, 16, season 1, episodes 7-10)
10.45 Hot Pursuit (2015, M) Reese Witherspoon.	9.30 While We're Young (2014, M) Ben Stiller.	8.50 Are You Being Served? (1977, PG) John Inman.	10.30 The Bridge Marathon (2012, 16, season 2, episodes 1-10)
12.15 Insidious: Chapter 3 (2015, M) Dermot Mulroney.	11.05 The Privileged (2013, 18) Sam Trammell.	10.25 Field of Dreams (1989, PG) Kevin Costner.	8.30 The Bridge (2015, 16, season 3, episode 1) Danish-Swedish series.
1.55 Fast & Furious 7 (2015, M) Vin Diesel.	12.25 Red Wing (2013, M) Bill Paxton.	12.10 The Pledge (2001, 16) Jack Nicholson.	Tonight: When the body of a gender activist and owner of Copenhagen's first gender-neutral preschool is found at a construction site in Malmö, Saga has to cooperate with a new Danish colleague. Sofia Helin, Kirsten Olesen, Dag Malmberg.
4.10 She Made Them Do It (2012, M) Jenna Dewan-Tatum.	2.15 #PopFan (2014, M) Chelsea Kane.	2.15 Being There (1979, PG) Peter Sellers.	9.35 The Great Hip Hop Hoax (2013, 18) UK documentary charting how two Scottish friends pulled off a scam to dupe music executives into securing a record deal.
5.40 Mom's Day Away (2014, M) Bonnie Somerville, James Tupper.	3.45 The Wedding Ringer (2015, M) Kevin Hart.	4.25 Apocalypse Now (1979, 16) An officer is sent on a secret mission. Martin Sheen.	11.05 Blue Is the Warmest Colour (2013, 18) A young woman on the cusp of adulthood falls in love. Léa Seydoux, Adèle Exarchopoulos.
7.05 The Lazarus Effect (2015, M) Medical students develop a method for resurrecting the dead. Olivia Wilde.	5.25 Suddenly (2013, 16) A disgraced cop must stop an assassination. Ray Liotta, Erin Karpluk.	6.55 National Lampoon's Vegas Vacation (1997, PG) The Griswold family head to Las Vegas. Chevy Chase.	2.00am Mini-series: Chasing Shadows (2014, 16, parts 1-4) 5.10 Saint Laurent (2014, 16)
8.30 In Security (2013, 16) Owners of a failing security business begin to break into homes to drum up new customers. Ethan Embry, Michael Gladis.	6.55 Fatal Honeymoon (2012, M) A newlywed is accused of murder. Harvey Keitel.	8.30 The Ninth Gate (1999, M) A book dealer is hired to locate the last remaining copies of a manuscript that can summon the Devil. Johnny Depp, Lena Olin.	
10.10 Million Dollar Arm (2014, PG) A washed-up sports agent travels to India. Jon Hamm.	8.30 Grace of Monaco (2014, PG) Biography of former Hollywood star Grace Kelly. Nicole Kidman, Tim Roth.	10.40 Trial by Jury (1994, M) A US attorney attempts to convict a crime boss. Joanne Whalley.	
12.15am The Time Being (2012, M) 1.45 Mom's Day Away (2014, M) 3.05 She Made Them Do It (2012, M) 4.35 The Lazarus Effect (2015, M)	10.15 Wishin' and Hopin' (2014, M) In the 1960s, a fifth-grader encounters a substitute teacher. Chevy Chase.	12.25am Deal of the Century (1983, PG) 2.05 Being There (1979, PG) 4.10 National Lampoon's Vegas Vacation (1997, PG) 5.45 Apocalypse Now (1979, 16)	

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 Benny Hinn **6.30** Wild Shepherdess with Kate Humble **7.30** Dear Genevieve **8.00** World's Wildest City **8.30** Secret Shark Pits **9.30** Jamie at Home **10.00** Poh's Kitchen **10.30** Selling LA **11.00** Home by Novogratz **11.30** Beverly Hills Pawn **Noon** Wild Shepherdess with Kate Humble **1.00** The Mekong River with Sue Perkins **2.00** Billy Connolly's Route 66 (PGR) **3.00** Dear Genevieve **3.30** World's Wildest City **4.00** Oceans of Contrast **5.00** Luke Nguyen's United Kingdom **5.30** Rachel Allen's Everyday Kitchen **6.00** Decks, Docks and Gazebos **6.30** Buying the Bayou **7.00** Auction Hunters **7.30** Charlie Luxton's Homes by the Sea **8.30** Buying & Selling with the Property Brothers **9.30** Project: Restoration **10.00** Kitchen Crashers **10.30** Auction Hunters **11.00** Luke Nguyen's United Kingdom **11.30** Rachel Allen's Everyday Kitchen **12.00am** Gardeners' World **12.30** Benny Hinn **1.00** Dear Genevieve **1.30** World's Wildest City **2.00** Oceans of Contrast **3.00** Decks, Docks and Gazebos **3.30** Buying the Bayou **4.00** Charlie Luxton's Homes by the Sea **5.00** Buying & Selling with the Property Brothers

UKTV SKY 007

6.15 QI (M) **6.45** EastEnders (PG) **7.15** The Vicar of Dibley (PG) **7.45** Keeping Up Appearances (PG) **8.20** The Bill (M) **10.05** Lewis (M) **11.45** The Vicar of Dibley (PG) **12.15** Keeping Up Appearances (PG) **12.50** Call the Midwife (PG) **1.45** New Tricks (M) **2.40** Lewis (M) **4.20** The Bill (M) **6.00** The Vicar of Dibley (PG) **6.30** Keeping Up Appearances (PG) **7.00** EastEnders (PG) **7.30** QI (M) **8.00** Would I Lie to You? (PG) **8.50** Heartbeat (PG) Another Little Piece of My Heart: Walker and Carol suspect a landowner of domestic abuse. **9.30** Father Brown (M) The Three Tools of Death: Father Brown helps a woman whose father is killed just weeks after her mother's death. **10.25** QI (M) **10.55** Would I Lie to You? (M) **11.25** The Graham Norton Show (M) **12.15am** The Bill (M) **1.05** Pointless (PG) **1.55** 'Allo 'Allo! (PG) **2.25** Lewis (M) **4.00** Midsomer Murders (M) **5.35** Pramface (M)

Living SKY 017

6.00 Homes Under the Hammer **7.00** Antiques



Rialto: Blue Is the Warmest Colour, 11.05pm

Roadshow **8.00** Zoo Days **8.25** Grand Designs Revisited **9.20** Grand Designs Australia **10.20** Superior Interiors with Kelly Hoppen **11.20** Homes Under the Hammer **12.20** Antiques Roadshow **1.20** Escape to the Country **2.10** Selling Houses with Amanda Lamb **3.05** Zoo Days **3.35** Grand Designs Revisited **4.30** Grand Designs Australia **5.30** Superior Interiors with Kelly Hoppen **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Mike's Ultimate Garage **9.30** DIY SOS: The Big Build **10.30** Escape to the Continent **11.30** Grand Designs Revisited **12.25am** Antiques Roadshow **1.25** Homes Under the Hammer **2.25** Mike's Ultimate Garage **3.10** DIY SOS: The Big Build **4.10** Escape to the Continent **5.10** Selling Houses with Amanda Lamb

Sky Arts SKY 020

6.00 Bellany **7.00** Living the Life **8.00** The March: Martin Luther King **9.00** The Portrait **10.00** Put Some Colour in Your Life **11.00** Tzvetanka **12.10** Ninth Symphony by Maurice Bejart **1.40** The Peacock's Day **2.00** Bellany **3.00** Living the Life **4.00** How Like an Angel **4.45** Dancing Shiva **5.30** This Is Civilisation **6.20** Brian Sewell's Grand Tour **7.00** Put Some Colour in Your Life **7.30** Blue Rinse **7.45** Portrait Artist of the Year **8.30** Greatest Painters: Toulouse Lautrec **9.25** Rubens **10.25** Neil McCormick's Needle Time **12.00am** How Like an Angel **12.45** Dancing Shiva **1.30** This Is Civilisation **2.20** Brian Sewell's Grand Tour **3.00** Put Some Colour in Your Life **3.30**

Blue Rinse **3.45** Portrait Artist of the Year **4.30** Greatest Painters: Toulouse Lautrec **5.25** Rubens

SoHo SKY 010

7.20 Vinyl (18) **8.20** Vinyl (18) **9.20** Mad Dogs (18) **10.10** Baskets (M) **10.40** Last Week Tonight with John Oliver (M) **11.10** Phil Spector (2013, M) **12.40** Damages (M) **1.25** Vinyl (18) **2.25** Vinyl (18) **3.25** Mad Dogs (18) **4.15** Baskets (M) **4.45** Phil Spector (2013, M) Dramatisation of the relationship between Phil Spector and his defence attorney, Al Pacino. **6.15** Damages (M) **7.00** Last Week Tonight with John Oliver (M) **7.30** Versailles (16) **8.30** Heroin: Cape Cod, USA (16) Documentary about the heroin epidemic in the US. **9.45** 11.22.63 (16) Other Voices, Other Rooms: Jake gets a job as a teacher and spies on Lee Harvey Oswald at night. **10.45** Damages (M) You Were His Little Monkey: Judge Reilly decides Patty is making enough progress to keep her on the Tobin case. **11.30** Vinyl (18) **12.30am** American Crime Story: The People v OJ Simpson (16) **1.30** Versailles (16) **2.30** Heroin: Cape Cod, USA (16) **3.45** 11.22.63 (16) **4.45** Vinyl (18) **5.45** Damages (M)

BBC World News SKY 089

6.00 Outside Source **6.30** BBC Focus on Africa **7.00** BBC World News **7.30** World Business Report **7.45** Sport Today **8.00** World News Today **8.30** Sport Today **9.00** BBC Business Live **9.30** HARDtalk **10.00** Outside Source **11.00** BBC World News America **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** Newsday **1.30** Asia Business Report **1.45** Sport Today **2.00** Newsday **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** Asia Business Report **3.45** Sport Today **4.00** BBC World News **4.30** Our World **5.00** BBC World News **5.30** HARDtalk **6.00** BBC World News **6.30** World Business Report **6.45** BBC World News **7.30** World Business Report **7.45** BBC World News **8.45** World Business Report **9.00** BBC World News **9.30** BBC Business Live **10.00** BBC World News **10.30** HARDtalk **11.00** BBC World News **11.30** World Business Report **11.45** Sport Today **12.00am** GMT **2.00** BBC Impact **3.30** World Business Report **3.45** Sport Today **4.00** Global with Matthew Amroliwala **5.30** HARDtalk

SPORT

Sky Sport 1 SKY 051

7.00 Nascar Sprint Cup, Folds of Honor QuikTrip 500. 8.00 Basketball, NBL, grand final Series, game two. 8.30 The Cricket Show 8.45 Bowls, Trans-Tasman, day one, from Burnside Bowling Club, Christchurch, **live**. 11.30 Rugby Nation 12.30 Bowls, Trans-Tasman, day one, **live**. 3.15 Super Rugby, round one, Crusaders v Chiefs. 3.45 Bowls, Trans-Tasman, day one, from Christchurch, **live**. 6.30 Rugby Nation 7.30 UFC Now 8.30 Boxing, Big Bash. 11.30 Sky Sport Select 12.00am Soccer, Capital One Cup, final. 2.30 Kabaddi, Pro League. 3.00 A-League Highlights 3.30 NZ Football Weekly 4.00 The Football League Show 4.30 Cycling, Omloop Het Nieuwsblad race. 5.00 Rugby Nation

Sky Sport 2 SKY 052

6.00 TBA 9.30 TBA 1.00 A-League Highlights 1.30 NZ Football Weekly 2.00 The Football League Show 2.30 Chelsea TV 5.30 A-League Highlights 6.00 NZ Football Weekly 6.30 10.30 The Football League Show 7.00 Cycling, Tour of Oman, stage one. 8.00 Super League Fulltime 8.30 NRL 360 9.30 Back Page 10.30 Super League Fulltime 11.00 Code: Life with the Brumbies 1.00am Red Bull Defiance 1.30 Rugby Nation 2.30 NRL 360 3.30 Sky Sport Select 4.00 Red Bull Defiance 4.30 Super League Fulltime 5.00 Back Page

Sky Sport 3 SKY 053

9.00 Golf, Perth International 10.00 Fox Sports News 10.30 UEFA Champions League Weekly 11.00 Kabaddi, Pro League. 11.30 The Crowd Goes Wild 12.30 Noon Super League, Hull FC v Castleford. 12.30 UK Super League, Hull Kingston Rovers v St Helens. 1.00 UK Super League, Catalans Dragons v Leeds Rhinos. 1.30 Mixed Martial Arts, UFC Fight Night, Anderson Silva v Michael Bisping. 3.30 UEFA Champions League Weekly 4.00 Kabaddi, Pro League. 4.30 Nascar Xfinity Series, race two, Atlanta 250. 5.30 Nascar Sprint Cup, Folds of Honor QuikTrip 500. 6.30 Golf Central 7.30 The Golf Fix



BBC Knowledge: Who Do You Think You Are?, 9.25pm

8.30 School of Golf 9.30 Golf, Perth International Event. 10.30 Sky Sport Select 11.00 UFC Now 12.00am NRL 360 1.00 Mixed Martial Arts, UFC Fight Night, Anderson Silva v Michael Bisping. 3.00 Kabaddi, **live**.

ESPN SKY 061

7.00 Boxing, 1933 Classics, Light Heavyweight Bout, Max Schmeling v Max Baer. 7.30 NFL Insiders 8.30 NFL Live 9.30 NBA: The Jump 10.00 SportsNation 10.30 Highly Questionable 11.00 SportsNation 11.30 NBA: The Jump 12.00 Noon SportsCenter 1.00 Basketball, College, Atlantic Coast Conference, Syracuse v North Carolina, **live**. 3.00 Basketball, College, Big 12 Conference, Kansas v Texas, **live**. 5.00 SportsCenter 6.00 SportsCenter 7.00 Basketball, College, Big 12 Conference, Oklahoma State v Iowa State. 8.30 NBA: The Jump 9.00 Around the Horn 9.30 Pardon the Interruption 10.00 ESPN FC 10.30 NBA Tonight 11.00 ESPN Original Documentaries 12.00am X Games, Tenth anniversary. 1.00 SportsCenter 2.00 ESPN FC 2.30 Jalen and Jacoby 3.00 Basketball, College, Atlantic Coast Conference, Syracuse v North Carolina. 4.30 Basketball, College, Big 12 Conference, Oklahoma State v Iowa State.

DOCUMENTARIES

Discovery SKY 070

6.00 Destroyed in Seconds (PG) 6.30 Deadliest Catch (PG) 7.30 The Pool Master (PG) 8.30 MythBusters (PG) 9.25 You Have Been Warned (M) 10.20 Chaos Caught on Camera (M) 11.15 Scored: Love Kills (M) 12.10 Dates from Hell (M) 1.05 Deadly Devotion (M) 2.00 How It's Made (PG) 2.55 How Do They Do It? (PG) 3.20 Auction Kings (PG) 3.50 The Pool Master (PG) 4.45 MythBusters (PG) 6.35 Alaskan Bush People (M) 7.30 Running Wild with Bear Grylls (M) 9.30 Naked and Afraid Pop-Up Edition (M) 10.30 How It's Made (PG) 11.30 The Pool Master (PG) 12.30am The Perfect Murder (M) 1.25 Hell House (M) 2.20 Auction Kings (PG) 2.45 Destroyed in Seconds (PG) 3.15 Deadliest Catch (PG) 4.10 Dirty Jobs (PG) 5.05 Flying Wild Alaska (PG)

National Geographic SKY 072

6.00 Science of Stupid (M) 6.30 Ultimate Airport Dubai (PG) 7.30 Prospectors (PG) 8.30 Wicked Tuna (M) 9.30 Innovation Nation (PG) 10.00 Brain Games (PG) 10.30 Die Trying (PG) 11.30 Seconds from Disaster (M) 12.30 Air Crash Investigation (PG) 1.30 Drugs Inc. (M) 3.30 Underworld Inc. (M) 4.30 Inside Cocaine Wars (M) 5.30 King of Coke (M) 6.30 Science of Stupid (M) 7.00 Brain Games (PG) 7.30 10.30 Inside the American Mob (M) 8.30 Underworld Inc. (M) The Black Market: Thieves work together to deliver products. 9.30 Explorer: Warlords of Ivory (M) 10.30 Jesus: Rise to Power (PG) 11.30 Underworld Inc. (M) 12.30am Air Crash Investigation (PG) 1.30 Ultimate Airport Dubai (PG) 2.30 Inside the American Mob (M) 3.30 Air Crash Investigation (PG) 4.30 Salvage Code Red (M) 5.30 Street Genius (PG)

History SKY 073

6.30 Walking Through History (PG) 7.30 Ancient Black Ops (M) 8.30 Troy (PG) 9.30 Castles: Britain's Fortified History (PG) 10.30 Ancient Discoveries (PG) 11.30 How We Got to Now (PG) 12.30 National Trust: Garden Treasures (PG) 1.30 History's Ultimate Spies (PG) 2.30 Russia's War: Blood Upon the Snow (16) 3.30 Secrets of War (M) 4.30 Convict Women and Orphan Girls (PG) 5.30 Secrets of the Irish Landscape 6.30 Ancient Discoveries (PG) 7.30 Rome Unwrapped (PG) Superpower: For 500 years, across 2m square miles, Rome fought, reigned and got rich. 8.30 Plane Resurrection (PG) Takes viewers into the cockpits of restored aircraft. 9.30 Inside the Taliban (M) 11.30 Black Ops (M) 12.30am Russia's War: Blood Upon the Snow (16) 1.30 Secrets of War (M) 2.30 Tales of the Gun (PG) 3.15 The World at War (M) 4.00 Rome Unwrapped (PG) 4.45 Plane Resurrection (PG) 5.30 Inside the Taliban (M)

BBC Knowledge SKY 074

6.40 Who Do You Think You Are? (PG) 7.40 Countryfile (PG) 8.40 Brazil with Michael Palin (M) 9.35 Stephen Fry in America (PG) 10.35 Eggheads (PG) 11.05 James May's Toy Stories (PG) 12.05 Traffic Cops (M) 1.10 Top Gear (PG) 2.05 The Life of Birds (PG) 3.00 Embarrassing Bodies (M) 3.50 Eggheads (PG) 4.20 Top Gear (PG) 5.30 Top Gear USA (PG) 6.25 Traffic Cops (M) 7.35 Embarrassing Bodies (M) 8.30 24 Hours in A&E (M) 9.25 Who Do You Think You Are? (PG) Gareth Malone: Gareth Malone explores his family's passion for music. 10.30 Traffic Cops (M) 11.35 Top Gear (PG) 12.40am James May's Toy Stories (PG) 1.45 Michael Palin's Brazil (M) 2.40 Embarrassing Bodies (M) 4.20 24 Hours in A&E (M) 5.10 Who Do You Think You Are? (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO 6.00 Morning Report Including: 6.16 and 6.50 Business News; 6.18 Pacific News; 6.26 Rural News; 6.48 and 7.45 NZ Newspapers 9.06 Nine to Noon with Kathryn Ryan Including: 10.45 The Reading: Where The Rekohu Bone Sings, by Tina Makereti (2 of 15, RNZ)

11.30 Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Jesse Mulligan

4.06 The Panel with Jim Mora

5.00 Checkpoint with John Campbell

6.30 Worldwatch with John Greaves

7.06 Nights with Bryan Crump

7.35 The Sampler

8.13 Windows on the World

9.06 The Tuesday Feature

10.00 News and Late Edition

11.06 The Shed (1 of 13, MCM)

12.04am All Night Programme Including: 12.06 Music After Midnight; 12.30 Insight (RNZ); 1.15 Primary People (RNZ); 2.05 The Forum (BBC); 3.05 Sorry, I'm a Stranger Here Myself, by Peter Bland (1 of 10, RNZ); 3.30 Diversions (RNZ); 5.10 Witness (BBC); 5.45 The Day in Parliament

Website: radionz.co.nz

Parliament: parliament.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00am, 7.00, 8.00, 9.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

10.00 Weekday Classics with Clarissa Dunn

1.00 Upbeat with Eva Radich (RNZ)

2.00 Made in New Zealand

3.00 Classic Afternoons with David Morris

7.00 Appointment A Dance to the Music of Time: Electronic music in the 90s (F, RNZ)

8.00 Music Alive Symphonic Brass: Mark Carter (tpt), Mitchell Spence (tenor horn), Byron Newton, Luke Spence (euphonium), Wellington Brass Band/David Bremner - Dvorák: Carnival Overture; Haydn: First & Third movements, Allegro; Allegro, from Trumpet Concerto in E flat HobVIIe/1; Elgar: Nimrod, from Enigma Variations; Mendelssohn: First movement, Allegro molto appassionato, from Violin Concerto in E minor Op 64; Holst: Jupiter, the Bringer of Jollity, from Planets Suite Op 32; Shostakovich: Folk Feast, from The Gadfly; Liszt: Les Préludes; Mascagni: Cavalleria Rusticana, Intermezzo; Horovitz: Euphonium Concerto; Bizet: Au fond du temple saint, from The Pearl Fishers; Respighi: March, from Pines of Rome (RNZ)

9.45 Gypsy Haydn: Piano Trio in G HobXV/25

10.00 Day's End Music to wind down to

12.00am Music Through the Night

Website: radionz.co.nz/concert

Radio Live

6.00 Paul Henry 9.00 Mark Sainsbury Noon Willie Jackson & Alison Mau 3.00 Duncan Garner 6.00 Newshub Live 7.00 Story 7.30 Paul Henry Highlights 8.00 Karyn Hay 12.00am Tony Amos 5.00 James Coleman

Website: radiolive.co.nz

Newstalk ZB

6.00 Mike Hosking 8.30 Leighton Smith Noon Kerre McIvor & Mark Dye 4.00 Larry Williams 7.00 Mark Watson 8.00 Marcus Lush 12.00am Bruce Russell 5.00 Rachel Smalley

Website: newstalkzb.co.nz

TV1	TV2	TV3	
TV1 FREEVIEW 1 SKY 001	TV2 FREEVIEW 2 SKY 002	TV3 FREEVIEW 3 SKY 003	
<p>6.00 Breakfast</p> <p>9.00 Whanau Living (G, HD) Today: Mahi Makihā has great ideas for labelling storage jars.</p> <p>9.30 The Ellen DeGeneres Show (G, R, C) David Duchovny.</p> <p>10.30 The Chase (G, R, C)</p> <p>11.30 Brendan's Magical Mystery Tour (G, R, C) Today: In Istanbul, Brendan Sheerin offers the contestants the chance to win a night of five-star luxury.</p> <p>Noon ONE News (C)</p> <p>12.30 Emmerdale (PGR, C) Today: Emma hides Noah from Cain and Moira; Aaron's not impressed by Chas's decision; and Nicola's touched by Jimmy's suggestion.</p> <p>1.00 Coronation Street (PGR, R, C, AD) Today: Leanne gives Kal and Nick the wrong impression; Owen is deeply concerned for Anna; and Maria causes further trouble.</p> <p>2.00 Our First Home (G, R, HD, C) Today: The clock is ticking.</p> <p>3.00 Dickinson's Real Deal (G) David Dickinson presents an antiques series.</p> <p>3.55 Te Karere (C)</p> <p>4.25 The Chase (G, C)</p> <p>5.25 Millionaire Hot Seat (G, C) With Eddie McGuire.</p> <p>6.00 ONE News (C)</p> <p>7.00 Seven Sharp (C)</p> <p>7.30 MasterChef Australia (C) Matt Preston, George Calombaris and Gary Mehigan present a cooking competition series. Final Four Decider: Three contestants from yesterday's challenge will cook off in a pressure test that will result in one more contestant going home.</p> <p>8.40 Code Black (AO, C, AD) In Extremis: Leanne struggles with whether to treat a police officer who helped her during an accident, or his shooter, who has more serious injuries.</p> <p>9.40 Unforgettable (AO, C) We Can Be Heroes: The son of a prominent scientist is kidnapped, but the investigation reveals a deeper plot for revenge.</p> <p>10.40 ONE News Tonight (C)</p> <p>11.10 Nothing Trivial (AO, R, HD, C, AD) In Kramer vs Kramer, Who Played the Divorcing Couple?: Mac plays hero while Brian plays the field; Emma has a new partner; and Michelle has a mystery man.</p> <p>12.10am Soccer English Premier League, highlights.</p> <p>1.10 Te Karere (R, C)</p> <p>1.35 Infomercials</p> <p>5.35 - 6.00 Te Karere (R, C)</p>	<p>6.00 Creflo Dollar Ministries</p> <p>6.30 Tiki Tour (G, R, HD, C)</p> <p>6.55 Angry Birds Toons (G, R, C)</p> <p>7.00 My Little Pony: Friendship Is Magic (G, C)</p> <p>7.20 Yo-Kai Watch (R, C)</p> <p>7.45 Numb Chucks (G, R, C)</p> <p>8.10 PAW Patrol (G, R, C)</p> <p>8.35 Sheriff Callie's Wild West (G, R)</p> <p>9.00 Infomercials</p> <p>10.30 Neighbours (G, R, C)</p> <p>11.00 Home and Away (R, C)</p> <p>11.30 Shortland Street (PGR, R, HD, C, AD)</p> <p>Noon Hope & Faith (G, R, C)</p> <p>12.30 The Jeremy Kyle Show (PGR)</p> <p>1.30 Judge Rinder (PGR)</p> <p>2.30 The Ellen DeGeneres Show (G, C) Today: Kaley Cuoco.</p> <p>3.30 Angry Birds Toons (G, R)</p> <p>3.35 Inspector Gadget (G)</p> <p>4.05 Kickin' It (C)</p> <p>4.30 The Adam and Eve Show (HD, C)</p> <p>5.00 Friends (G, R, C)</p> <p>5.30 Home and Away (C)</p> <p>6.00 The Middle (G, R, C)</p> <p>6.30 Neighbours (G, C) Tonight: Xanthe's bad behaviour may spell disaster for Sheila.</p> <p>7.00 Shortland Street (PGR, HD, C, AD) Tonight: Nicole is understaffed and overworked. Writer Paul Sonne, director Ian Hughes.</p> <p>7.30 Dr Ken (PGR, C) Kevin O'Connell: Ken meets Allison's ex, a well-regarded doctor.</p> <p>8.00 The Big Bang Theory (PGR, R, C) The Re-Entry Minimisation: Wolowitz returns from space.</p> <p>8.30 The Big Bang Theory (PGR, C) The Meemaw Materialisation: Sheldon's Meemaw comes to visit.</p> <p>9.00 Mom (AO, C) My Little Pony and a Demerol Drip: Candace can't handle Christy's relationship with Fred.</p> <p>9.30 SAS: Who Dares Wins (C) Survival: The staff and trainers have to whittle the group down to six.</p> <p>10.35 Mike & Molly (PGR, R, C) Victoria's Birthday: Victoria freaks out about her looming 30th birthday.</p> <p>11.00 Hell's Kitchen (AO) Tonight: The chefs prepare a breakfast menu.</p> <p>12.00am One Big Happy (AO)</p> <p>12.30 Undateable (PGR, R, C)</p> <p>1.00 Shortland Street (PGR, R, HD, C, AD)</p> <p>1.25 Infomercials</p> <p>2.30 The Real (PGR)</p> <p>3.15 Private Practice (PGR, R, C)</p> <p>4.05 Regular Show (G, R)</p> <p>4.15 A.N.T. Farm (G, R, C)</p> <p>4.40 The Adam and Eve Show (R, HD, C)</p> <p>5.05 Neighbours (G, R, C)</p> <p>5.30 - 6.00 Infomercials</p>	<p>6.00 Paul Henry</p> <p>9.00 Rachael Ray (G, HD)</p> <p>10.00 Infomercials</p> <p>11.30 Family Feud (R, C, HD)</p> <p>Noon Newshub Midday</p> <p>12.30 Dr Phil (AO, HD)</p> <p>1.30 Layover (2012, PGR, HD) A hotel heiress is kidnapped. Lauren Holly, Joe Lando.</p> <p>3.25 Entertainment Tonight (G)</p> <p>3.55 Jamie's 15-Minute Meals (G, R, C)</p> <p>4.25 The X Factor Australia (G, HD)</p> <p>5.30 Family Feud (C, HD)</p> <p>6.00 Newshub Live</p> <p>7.00 Story With Duncan Garner and Heather du Plessis-Allan</p> <p>7.30 Beach Cops (PGR, C, HD) Australian series about cops who work on Sydney's Northern beaches.</p> <p>8.00 Gold Coast Cops (PGR, R, C) Tonight: Constables Beaman and Moren discover ingredients used to make "ice" in a trunk.</p> <p>8.30 The Blacklist (AO, C, HD) Alistair Pitt: Red and Liz attempt to stop a negotiator who is trying to unite two rival crime families.</p> <p>9.30 Chicago P.D. (AO, C, HD) An Honest Woman: The team fight for one of their own when Voight is beaten and kidnapped.</p> <p>10.25 Newshub Late</p> <p>10.55 NCIS: Los Angeles (AO, R, HD, C) One More Chance: Sam thinks a woman's disappearance is linked to stolen classified software.</p> <p>11.55 - 6.00 Infomercials</p>	 <p>Four: The Birdcage, 8.30pm</p>
			PRIME FREEVIEW 10 SKY 004
			<p>6.00 Home Shopping</p> <p>6.30 The Crowd Goes Wild (G, R)</p> <p>7.00 Deal or No Deal (G, R)</p> <p>7.30 Home Shopping</p> <p>Noon The Doctors (G)</p> <p>1.00 Marco Pierre White's Kitchen Wars (G, R)</p> <p>2.00 The Tonight Show Starring Jimmy Fallon (PGR, R)</p> <p>3.00 The Crowd Goes Wild (G, R)</p> <p>3.30 Antiques Roadshow (G, R, C)</p> <p>4.30 Hot Bench (G)</p> <p>5.00 Deal or No Deal (G)</p> <p>5.30 Prime News</p> <p>6.00 Escape to the Country (G)</p> <p>7.00 The Crowd Goes Wild (G)</p> <p>7.30 Best of Top Gear (PGR)</p> <p>8.30 Limitless (PGR, C) The Legend of Marcos Ramos: A retired FBI agent is murdered.</p> <p>9.30 Strike Back (AO) Tonight: Locke realises his friend is working with the Yakuzas.</p> <p>10.30 The Tonight Show Starring Jimmy Fallon (PGR)</p> <p>11.30 The Crowd Goes Wild (G, R)</p> <p>12.00am Home Shopping</p> <p>1.30 The Crowd Goes Wild (G, R)</p> <p>2.00 - 6.00 Home Shopping</p>
			FOUR FREEVIEW 4 SKY 012
			<p>6.00 Children's Programmes</p> <p>10.05 Infomercials</p> <p>2.00 Sesame Street (G, R)</p> <p>2.55 Pingu (G, R)</p> <p>3.00 Sticky TV</p> <p>4.35 Strange Hill High (G, R)</p> <p>5.00 Drake and Josh (G, R)</p> <p>5.30 The Nanny (G, R, C)</p> <p>6.00 It Only Hurts When I Laugh (G, R)</p> <p>6.30 How I Met Your Mother (G, R) Daisy: Marshall learns something shocking.</p> <p>7.00 The Simpsons (PGR, R, C)</p> <p>The Scorpion's Tale: Lisa discovers a mysterious pool of water in the desert.</p> <p>7.30 Community (PGR, R) Introduction to Teaching: Professor Hickey shows Jeff the ropes at Greendale.</p> <p>8.00 Fresh Off the Boat (PGR, R) The Fall Ball: Louis wants Eddie's first school dance to be as perfect as a John Hughes film.</p> <p>8.30 The Birdcage (1996, AO, R, C)</p> <p>The son of a gay club owner persuades his father to pretend to be straight for a meeting with his fiancee's parents. Robin Williams, Nathan Lane, Gene Hackman, Dan Futterman.</p> <p>10.55 Crisis (AO, R, C)</p> <p>Here He Comes: Dunn and Finley follow one of the kidnappers to find out where they are hiding.</p> <p>11.45 Entertainment Tonight (G)</p> <p>12.10am - 6.00 Infomercials</p>
			MAORI FREEVIEW 5 SKY 019
			<p>6.30 Children's Programmes (G, R)</p> <p>8.00 Matika (G, R)</p> <p>8.30 Te Kaea (R)</p> <p>9.00 Kawe Korero: Reporters (R)</p> <p>9.30 Kai Time on the Road (G, R)</p> <p>10.00 Korero Mai (G, R)</p> <p>11.00 Toku Reo (G, R)</p> <p>Noon Korero Mai (G, R)</p> <p>1.00 Toku Reo (G, R)</p> <p>2.00 Ako (G, R)</p> <p>3.00 City Slickers Rodeo (G, R)</p> <p>3.30 Nga Pari Karangaranga (G, R)</p> <p>4.00 Whanau Living (G)</p> <p>4.30 Street Dance Nationals 2015 (G, R)</p> <p>5.00 Tribe (G, R)</p> <p>5.30 Te Kaea</p> <p>6.00 Pukoro (G, R)</p> <p>6.30 Pukana (G, R)</p> <p>7.00 Waiata (G, R)</p> <p>7.30 Iwi Anthems (G, R)</p> <p>8.00 Behind the Brush (G, R)</p> <p>8.30 Marae DIY (G, R)</p> <p>9.30 My Country Song (G, R)</p> <p>10.00 Whare Taonga (G, R)</p> <p>10.30 Te Kaea (R)</p> <p>11.00 - 11.30 Kawe Korero: Reporters</p>

WEDNESDAY MARCH 2

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
<p>6.00 Million Dollar Arm (2014, PG) Jon Hamm.</p> <p>8.00 The Time Being (2012, M) Wes Bentley.</p> <p>9.30 In Security (2013, 16) Ethan Embry.</p> <p>11.05 Mom's Day Away (2014, M) Bonnie Somerville.</p> <p>12.25 Million Dollar Arm (2014, PG) Jon Hamm.</p> <p>2.30 The Lazarus Effect (2015, M) Olivia Wilde.</p> <p>3.55 Jack (2012, M) Rick Roberts.</p> <p>5.25 A Broken Code (2012, M) Michael Girenti.</p> <p>6.55 Authors Anonymous (2014, PG) Kaley Cuoco-Sweeting, Chris Klein.</p> <p>8.30 If I Stay (2014, M) After a talented young cellist is left in a coma following a car crash, she undergoes an out-of-body experience. Chloë Grace Moretz, Jamie Blackley.</p> <p>10.20 Smiley (2012, 16) Caitlin Gerard, Shane Dawson.</p> <p>11.55 Forever 16 (2013, M) Tiera Skovbye.</p> <p>1.25am A Broken Code (2012, M)</p> <p>2.55 Smiley (2012, 16) 4.30 Jack (2012, M)</p>	<p>6.05 Wishin' and Hopin' (2014, M) Chevy Chase.</p> <p>7.35 Suddenly (2013, 16) Ray Liotta.</p> <p>9.05 A Short History of Decay (2014, 16) Bryan Greenberg.</p> <p>10.40 Fatal Honeymoon (2012, M) Harvey Keitel.</p> <p>12.15 Grace of Monaco (2014, PG) Nicole Kidman.</p> <p>2.00 Wishin' and Hopin' (2014, M) Chevy Chase.</p> <p>3.25 A Short History of Decay (2014, 16) Bryan Greenberg.</p> <p>5.00 The Broken Shore (2013, 16) Don Hany.</p> <p>6.50 Angels in Stardust (2014, M) A teenager seeks the guidance of her imaginary friend. AJ Michalka.</p> <p>8.30 There's Always Woodstock (2014, M) An aspiring singer's life falls apart. Allison Miller, Rumer Willis.</p> <p>10.10 Mini-series: The Secret Life of Marilyn Monroe (2015, M, parts 1&2) Kelli Garner.</p> <p>1.05am Angels in Stardust (2014, M)</p> <p>2.45 The Broken Shore (2013, 16)</p> <p>4.35 There's Always Woodstock (2014, M)</p>	<p>8.15 The Ninth Gate (1999, M) Johnny Depp.</p> <p>10.25 Deal of the Century (1983, PG) Chevy Chase.</p> <p>12.05 Trial by Jury (1994, M) Joanne Whalley.</p> <p>1.50 National Lampoon's Vegas Vacation (1997, PG) Chevy Chase.</p> <p>3.25 Tightrope (1984, M) Clint Eastwood.</p> <p>5.20 Police Academy (1984, M) Steve Guttenberg.</p> <p>6.55 Touch of Evil (1958, M) A DEA agent incurs the wrath of a police chief. Charlton Heston.</p> <p>8.30 The Great Northfield Minnesota Raid (1972, PG) The gangs of Jesse James and Cole Younger join forces. Cliff Robertson, Robert Duvall.</p> <p>10.00 The Choirboys (1977, 18) LA cops decide to form a choir. James Woods, Louis Gossett Jr.</p> <p>12.00am Winter Kills (1979, 16) 1.30 Police Academy (1984, M) 3.05 Touch of Evil (1958, M) 4.40 The Great Northfield Minnesota Raid (1972, PG)</p>	<p>7.40 The Light Harvester (2014, PG) Craig Hall.</p> <p>8.00 For Those in Peril (2013, 16) Kate Dickie.</p> <p>9.35 Mini-series: Life in Squares (2015, M, parts 1-3)</p> <p>12.20 The Case Against 8 (2014, M) US documentary.</p> <p>2.10 Howl's Moving Castle (2004, PG) Voice of Christian Bale.</p> <p>4.10 Friday Tigers (2012, 16) Anisia Davies, Aidee Walker.</p> <p>4.30 Mini-series: The Trials of Jimmy Rose (2015, 16, parts 1-3) Ray Winstone.</p> <p>7.00 God's Pocket (2014, 16) A blue collar worker tries to cover up a suspicious accident. Philip Seymour Hoffman.</p> <p>8.30 The ABCs of Death 2 (2014, 18) A gallery of blood-soaked tales. Jen Soska.</p> <p>10.40 Strangerland (2015, 16) Nicole Kidman, Hugo Weaving.</p> <p>12.30am The Duke of Burgundy (2014, 18) 2.15 Saint Laurent (2014, 16) 4.45 The ABCs of Death 2 (2014, 18)</p>

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 Benny Hinn **6.50** Project: Restoration **7.00** Kitchen Crashers **7.30** Dear Genevieve **8.00** World's Wildest City **8.30** Oceans of Contrast **9.30** Luke Nguyen's United Kingdom **10.00** Rachel Allen's Everyday Kitchen **10.30** Decks, Docks and Gazebo **11.00** Buying the Bayou **11.30** Auction Hunters **Noon** Charlie Luxton's Homes by the Sea **1.00** Buying & Selling with the Property Brothers **2.00** Project: Restoration **2.30** Kitchen Crashers **3.00** Dear Genevieve **3.30** World's Wildest City **4.00** Natural World: The Secret Life of the Circles **5.00** The Cook and the Chef **5.30** Sean's Kitchen **6.00** Best House on the Street **7.00** American Restoration **7.30** Britain's Biggest Adventures with Bear Grylls **8.30** The Big Catch **9.30** NZ Hunter Adventures **10.30** American Restoration **11.00** The Cook and the Chef **11.30** Sean's Kitchen **12.00am** Gardeners' World **12.30** Benny Hinn **1.00** Dear Genevieve **1.30** World's Wildest City **2.00** Natural World: The Secret Life of the Circles **3.00** NZ Hunter Adventures **4.00** The Big Catch **5.00** Best House on the Street

UKTV SKY 007

6.05 QI (M) **7.05** EastEnders (PG) **7.35** The Vicar of Dibley (PG) **8.05** Keeping Up Appearances (PG) **8.35** The Bill (M) **10.15** Lewis (M) **11.55** The Vicar of Dibley (PG) **12.25** Keeping Up Appearances (PG) **12.55** Call the Midwife (PG) **1.45** New Tricks (M) **2.40** Lewis (M) **4.20** The Bill (M) **6.00** The Vicar of Dibley (PG) **6.30** Keeping Up Appearances (PG) **7.00** EastEnders (PG) **7.30** QI (M) **8.00** Would I Lie to You? (PG) **8.30** Stella (M) **9.25** Holby City (M) How Low Can You Go: The pressure is on Tara to tell Ollie about her brain tumour. **10.30** Would I Lie to You? (M) **11.00** The Graham Norton Show (M) **11.50** The Bill (M) **12.40am** Pointless (PG) **1.30** 'Allo 'Allo! (PG) **2.00** Lewis (M) **3.40** Midsomer Murders (M) **5.30** Pramface (M)

Living SKY 017

6.00 Homes Under the Hammer **7.00** Antiques Roadshow **8.00** Zoo Days **8.25** Grand Designs Revisited **9.20** Mike's Ultimate Garage **10.20** DIY SOS: The Big Build **11.20** Homes Under the Hammer



Sky Premiere: **If I Stay**, 8.30pm

12.20 Antiques Roadshow **1.20** Escape to the Country **2.10** Selling Houses with Amanda Lamb **3.05** Zoo Days **3.35** Grand Designs Revisited **4.30** Mike's Ultimate Garage **5.25** DIY SOS: The Big Build **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** A Place in the Sun: Winter Sun **9.30** Location Location Location **10.30** Selling Houses Australia **11.30** Grand Designs Revisited **12.25am** Antiques Roadshow **1.25** Homes Under the Hammer **2.25** A Place in the Sun: Winter Sun **3.15** Location Location Location **4.15** Selling Houses Australia **5.10** Selling Houses with Amanda Lamb

Sky Arts SKY 020

6.25 Neil McCormick's Needle Time **8.00** How Like an Angel **8.45** Dancing Shiva **9.30** This Is Civilisation **10.20** Brian Sewell's Grand Tour **11.00** Put Some Colour in Your Life **11.30** Blue Rinse **11.45** Portrait Artist of the Year **12.30** Greatest Painters: Toulouse Lautrec **1.25** Rubens **2.25** Neil McCormick's Needle Time **4.00** Put Some Colour in Your Life **4.30** Stars of the Silver Screen **5.15** The Mystery of Mary Magdalene **6.15** Brahms Symphony No. 2 **7.00** Verzier: Ebene Quartet play Haydn and Mendelssohn **8.00** International Piano Festival: Trifonov **9.55** RCO: Four Seasons: Vivaldi & Piazzolla **11.10** In Confidence **12.00am** Put Some Colour in Your Life **12.30** Stars of the Silver Screen **1.15** The Mystery of Mary Magdalene **2.15** Brahms Symphony No. 2 **3.00** Verzier: Ebene Quartet play Haydn and

Mendelssohn **4.00** International Piano Festival: Trifonov **5.55** RCO: Four Seasons: Vivaldi & Piazzolla

SoHo SKY 010

6.30 American Crime Story: The People v OJ Simpson (16) **7.30** Versailles (16) **8.30** 11.22.63 (16) **9.30** Heroin: Cape Cod, USA (16) **10.45** American Crime Story: The People v OJ Simpson (16) **11.45** Vinyl (18) **12.45** Damages (M) **1.30** Versailles (16) **2.30** Heroin: Cape Cod, USA (16) **3.45** American Crime Story: The People v OJ Simpson (16) **4.45** 11.22.63 (16) **5.45** Vinyl (18) **6.45** Damages (M) **7.30** Girls (18) **8.00** Togetherness (16) **8.30** American Crime Story: The People v OJ Simpson (16) The Race Card: Christopher Darden and Johnnie Cochran face off in court, and the jury visits the crime scene. **9.30** The Jinx: The Life and Deaths of Robert Durst (16) **10.25** Damages (M) **11.25** Baskets (M) **11.55** Animals. (16) **12.25am** The Tunnel (16) **1.25** Girls (18) **1.55** Togetherness (16) **2.25** American Crime Story: The People v OJ Simpson (16) **3.25** The Jinx: The Life and Deaths of Robert Durst (16) **4.30** Baskets (M) **5.00** Animals. (16) **5.30** Damages (M)

BBC World News SKY 089

6.00 Outside Source **6.30** BBC Focus on Africa **7.00** BBC World News **7.30** World Business Report **7.45** Sport Today **8.00** World News Today **8.30** Sport Today **9.00** BBC Business Live **9.30** HARDtalk **10.00** Outside Source **11.00** BBC World News America **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** Newsday **1.30** Asia Business Report **1.45** Sport Today **2.00** Newsday **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** Asia Business Report **3.45** Sport Today **4.00** BBC World News **4.30** Our World **5.00** BBC World News **5.30** HARDtalk **6.00** BBC World News **6.30** World Business Report **6.45** BBC World News **7.30** World Business Report **7.45** BBC World News **8.45** World Business Report **9.00** BBC World News **9.30** BBC Business Live **10.00** BBC World News **10.30** HARDtalk **11.00** BBC World News **11.30** World Business Report **11.45** Sport Today **12.00am** GMT **2.00** BBC Impact **3.30** World Business Report **3.45** Sport Today **4.00** Global with Matthew Amroliwala **5.30** HARDtalk

SPORT

Sky Sport 1 SKY 051

6.00 Back Page **7.00** UFC Now **8.00** The Cricket Show **8.15** Cycling, Omloop Het Nieuwsblad race. **8.45** Bowls, Trans-Tasman, day two, from Christchurch, **live**. **11.30** Back Page **12.30** Bowls, Trans-Tasman, day two, **live**. **3.15** Super League Fulltime **3.45** Bowls, Trans-Tasman, day two, from Burnside Bowling Club, Christchurch, **live**. **6.30** UFC Now **7.30** UFC Countdown **8.30** The Breakdown **9.30** #Skyspeed **10.00** Athletics, Auckland Track Challenge. **11.00** Fishing and Adventure **11.30** Squash, Windy City Open, semi-finals. **4.00am** The Breakdown **5.00** Back Page

Sky Sport 2 SKY 052

6.00 Rowing, NZ C'ships. **7.00** The Golf Fix **8.00** School of Golf **9.00** Super League, Hull FC v Castleford. **9.30** UK Super League, Hull Kingston Rovers v St Helens. **10.00** UK Super League, Catalans Dragons v Leeds Rhinos. **10.30** A-League Highlights **11.00** NZ Football Weekly **11.30** The Football League Show **Noon** Squash, Windy City Open, women's semi-finals, **live**. **2.00** Super League Fulltime **2.30** Squash, Windy City Open, men's semi-finals, **live**. **5.00** Red Bull Defiance **5.30** Back Page **6.30** Table Tennis **7.30** Super League Fulltime **8.00** Fishing and Adventure **8.30** NRL 360 **9.30** Sterlo: On the Couch **10.30** The NRL Footy Show **1.00am** Super League Fulltime **1.30** NRL 360 **2.30** Sterlo: On the Couch **3.30** #Skyspeed **4.00** Fishing and Adventure **4.30** Athletics, Auckland Track Challenge. **5.30** #Skyspeed

Sky Sport 3 SKY 053

6.00 Sky Sport Select **6.30** Red Bull Defiance **7.00** NRL 360 **8.00** Super League Fulltime **8.30** Nascar Xfinity, race two, Atlanta 250. **9.30** Nascar Sprint Cup, Folds of Honor QuikTrip 500. **10.30** Super League Fulltime **11.00** Kabaddi, **1.00** Code: Life with the Brumbies. **3.00** NRL 360 **4.00** A-League Highlights **4.30** NZ Football Weekly **5.00** The Football League Show **5.30** SKY Sport TBC **6.30** Golf Central **7.00** Red Bull Defiance **7.30** Ironman,



Discovery: Unearthed, 7.30pm

Kellogg's Nutri-Grain Series, round six. **9.30** Red Bull Defiance **10.00** Ultimate Insider **10.30** SKY Sport TBC **12.30am** Boxing, Big Bash. **3.30** Kabaddi, Pro League. **4.00** SKY Sport TBC

ESPN SKY 061

6.00 Boxing, 1971 Classics, Heavyweight Bout, Muhammad Ali v Jurgen Blin. **7.00** Boxing, 1991 Classics, Heavyweight Bout, Evander Holyfield v George Foreman. **8.00** NFL Insiders **8.30** NFL Live **9.30** NBA: The Jump **10.00** SportsNation **10.30** Highly Questionable **11.00** SportsNation **11.30** NBA: The Jump **Noon** SportsCenter **1.00** Basketball, College, South-Eastern Conference, Tennessee v Vanderbilt, **live**. **3.00** Basketball, College, South-Eastern Conference, Missouri v LSU, **live**. **5.00** SportsCenter **6.00** SportsCenter **7.00** Basketball, College, South-Eastern Conference, Kentucky v Florida. **8.30** NBA: The Jump **9.00** Around the Horn **9.30** Pardon the Interruption **10.00** ESPN FC **10.30** NBA Tonight **11.00** Basketball, College, South-Eastern Conference, Missouri v LSU. **12.30am** College Basketball Live **1.00** SportsCenter **2.00** ESPN FC **2.30** Jalen and Jacoby **3.00** Basketball, College, South-Eastern Conference, Missouri v LSU. **4.30** Basketball, College, South-Eastern Conference, Kentucky v Florida.

DOCUMENTARIES

Discovery SKY 070

6.00 Destroyed in Seconds (PG) **6.30** Deadliest Catch (PG) **7.30** The Pool Master (PG) **8.30** MythBusters (PG) **9.25** Manhunt (PG) **10.20** Naked and Afraid Pop-Up Edition (M) **11.15** Murder Comes to Town (M) **12.10** Stalked: Someone's Watching (M) **1.05** The Perfect Murder (M) **2.00** How It's Made (PG) **2.55** How Do They Do It? (PG) **3.20** Auction Kings (PG) **3.50** The Pool Master (PG) **4.45** Running Wild with Bear Grylls (M) **5.40** MythBusters (M) **6.35** Railroad Alaska (PG) **7.30** Unearthed (PG) **8.30** Alaska: The Last Frontier (M) **9.30** Alaskan Bush People (M) **10.30** How It's Made (PG) **11.30** The Pool Master (PG) **12.30am** Swamp Murders (M) **1.25** Your Worst Nightmare (M) **2.20** Auction Kings (PG) **2.45** Destroyed in Seconds (PG) **3.15** Deadliest Catch (PG) **4.10** Dirty Jobs (PG) **5.05** Flying Wild Alaska (PG)

National Geographic SKY 072

6.00 Science of Stupid (M) **6.30** Ultimate Airport Dubai (PG) **7.30** Yukon Gold (M) **8.30** Wicked Tuna (M) **9.30** Innovation Nation (PG) **10.00** Brain Games (PG) **10.30** Hitler's Death Army - Das Reich (M) **11.30** Nazi Megastuctures (PG) **12.30** Air Crash Investigation (PG) **1.30** Ultimate Tutankhamun (PG) **3.30** Herod's Lost Tomb (PG) **4.30** Catacombs of Palermo (PG) **5.30** Australia: The Time Traveller's Guide **6.30** Science of Stupid (M) **7.00** Brain Games (PG) **7.30** Secret Bible (PG) **8.30** Air Crash Investigation (PG) **9.30** Nasca Lines Decoded (PG) **10.30** Jesus: Rise to Power (PG) **11.30** Air Crash Investigation (PG) **1.30am** Ultimate Airport Dubai (PG) **2.30** Inside the American Mob (M) **3.30** Generals at War (PG) **4.30** Air Crash Investigation (PG) **5.30** Street Genius (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.00 Morning Report Including: 6.16 and 6.50 Business News; 6.18 Pacific News; 6.26 Rural News; 6.48 and 7.45 NZ Newspapers **9.06** Nine to Noon with Kathryn Ryan Including: 10.45 The Reading: Where The Rekohu Bone Sings, by Tina Makereti (3 of 15, RNZ)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Jesse Mulligan

4.06 The Panel with Jim Mora

5.00 Checkpoint with John Campbell

6.30 Worldwatch with John Greaves

7.06 Nights with Bryan Crump

7.35 Spectrum

8.13 Windows on the World

9.06 The Wednesday Drama: Undercover

Mumbai by Ayeesha Menon Inspector Alia Khan faces many obstacles as she attempts to solve a series of crimes, make sense of her troubled past and cope with being a woman in a chauvinistic, male-dominated police force (Part 2 of 3, Goldhawk Productions)

10.00 News and Late Edition

11.06 New Jazz Archive (7 of 12)

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 Discovery (BBC); 1.05 The Thursday Feature (RNZ); 2.05 The Cultural Frontline; 3.05 Sorry, I'm a Stranger Here Myself, by Peter Bland (2 of 10, RNZ); 3.30 NZ Books (RNZ); 5.10 Witness (BBC); 5.45 The Day in Parliament

Website: radionz.co.nz

Parliament: parliament.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00am, 7.00, 8.00, 9.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

10.00 Weekday Classics with Clarissa Dunn

Including RNZ News at noon

1.00 Upbeat with Eva Radich (RNZ)

2.00 Made in New Zealand NZ performers and composers

3.00 Classic Afternoons with David Morris

Including RNZ News at 3.00, 5.00 and 6.00pm

7.00 Appointment Interrupted Cadences

What if ...? What if Schoenberg had died on the Eastern Front? (9 of 10, RNZ)

8.00 Music Alive From the 2015 Mozart Festival in Würzburg: Mahler CO/Renaud Capuçon (vln/dir) - Bach: Violin Concerto in A minor BWV1041; Mozart: Symphony No 31 in D K297, Paris; Vasks: Violin Concerto, Distant Light (recorded at the Würzburg Residence by German Radio)

10.00 Day's End Music to wind down to

12.00am Music Through the Night

Website: radionz.co.nz/concert

Radio Live

6.00 Paul Henry 9.00 Mark Sainsbury Noon Willie Jackson & Alison Mau 3.00 Duncan Garner 6.00 Newshub Live 7.00 Story 7.30 Paul Henry Highlights 8.00 Karyn Hay 12.00am Tony Amos 5.00 James Coleman

Website: radiolive.co.nz

Newstalk ZB

6.00 Mike Hosking 8.30 Leighton Smith Noon Kerre McIvor & Mark Dye 4.00 Larry Williams 7.00 Mark Watson 8.00 Marcus Lush 12.00am Tim Beveridge 5.00 Rachel Smalley

Website: newstalkzb.co.nz

TV1	TV2	TV3		
TV1 FREEVIEW 1 SKY 001	TV2 FREEVIEW 2 SKY 002	TV3 FREEVIEW 3 SKY 003		
<p>6.00 Breakfast</p> <p>9.00 Whanau Living (G, HD) Today: Jane Rangiwhiaha takes on the challenge to teach teenagers to cook with a couple of easy meals, and Jenny May Clarkson gets nutritional advice from Megan Tahere.</p> <p>9.30 The Ellen DeGeneres Show (G, R, C) Today: Kaley Cuoco.</p> <p>10.30 The Chase (G, R, C)</p> <p>11.30 Brendan's Magical Mystery Tour (G, R, C)</p> <p>Noon ONE News (C)</p> <p>12.30 Emmerdale (PGR, C) Today: Moira gives Charity a warning, and Pollard spots an opportunity to make some money.</p> <p>1.00 Coronation Street (PGR, R, C, AD) Today: Kal takes his frustration out on Nick; Kevin gives Maddie another chance; and Tyrone and Maria grow closer.</p> <p>2.00 May the Best House Win Abroad (G, R) Charente: In the expat community of Charente in France, four proud homeowners compete for the prize.</p> <p>3.00 Dickinson's Real Deal (G)</p> <p>3.55 Te Karere (C)</p> <p>4.25 The Chase (G, C)</p> <p>5.25 Millionaire Hot Seat (G, C)</p> <p>6.00 ONE News (C)</p> <p>7.00 Seven Sharp (C) With Mike Hosking and Toni Street.</p> <p>7.30 MasterChef Australia (G, C) No Rules Challenge: In the latest challenge, the contestants can choose their own cuisine and whether it is sweet or savoury.</p> <p>8.40 ■ Kirstie and Phil's Love It or List It UK (G, C) Louis and Isabel: Louis and Isabel's 30 years of marital bliss is under threat from the run-down state of their house, but they can't decide whether to fix it or sell it and Kirstie Allsopp and Phil Spencer need to step in to help them finally make the decision.</p> <p>9.40 The John Bishop Show (G, C) UK comedian John Bishop hosts a show from the Hackney Empire. Tonight: Seann Walsh, Doc Brown, Jamali Maddix, Jack Savoretti, Texas, Meow Meow and Cirque Bijou.</p> <p>10.40 ONE News Tonight (C)</p> <p>11.10 ■ Uncle (AO, C) Nephew: With Sam away on a tree-hugging retreat, Andy and Errol are given an opportunity to sign with Rage Records.</p> <p>11.45 ■ The Kumars (G, R, HD, C) Tonight: James Corden, Terry Gilliam and Twiggy.</p> <p>12.25am The Operatives (AO, R, C)</p> <p>1.15 Te Karere (R, C)</p> <p>1.40 Infomercials</p> <p>5.35 - 6.00 Te Karere (R, C)</p>	<p>6.00 Creflo Dollar Ministries</p> <p>6.30 Tiki Tour (G, R, HD, C)</p> <p>6.55 Angry Birds Toons (G, R, C)</p> <p>7.00 My Little Pony: Friendship Is Magic (G, C)</p> <p>7.20 Yo-Kai Watch (R)</p> <p>7.45 Numb Chucks (G, R, C)</p> <p>8.10 PAW Patrol (G, R, C)</p> <p>8.35 Sheriff Callie's Wild West (G, R)</p> <p>9.00 Infomercials</p> <p>10.30 Neighbours (G, R, C)</p> <p>11.00 Home and Away (R, C)</p> <p>11.30 Shortland Street (PGR, R, HD, C, AD)</p> <p>Noon Hope & Faith (G, R, C)</p> <p>12.30 The Jeremy Kyle Show (PGR)</p> <p>1.30 Judge Rinder (G)</p> <p>2.30 The Ellen DeGeneres Show (G, C) Today: Kris Jenner.</p> <p>3.30 Angry Birds Toons (G, R, C)</p> <p>3.35 Inspector Gadget (G)</p> <p>4.05 Kickin' It (G, C)</p> <p>4.30 The Adam and Eve Show (HD, C) Today: Hip-hop dancers Brooke and Starce.</p> <p>5.00 Friends (G, R, C)</p> <p>5.30 Home and Away (C)</p> <p>6.00 The Middle (G, R, C) Signals: Mike decides to become more sociable.</p> <p>6.30 Neighbours (G, C) Tonight: Xanthe races for help to save Sheila.</p> <p>7.00 Shortland Street (PGR, HD, C, AD) Tonight: Drew sabotages his own happiness. Writer Ben Marshall, director Caroline Bell-Booth.</p> <p>7.30 Police Ten 7 (HD, C) Tonight: Auckland police deal with a rugby fan who's peaked too soon.</p> <p>8.00 Surveillance Oz Dashcam (AO, C) Tonight: A motorcyclist is rammed from behind in a three-car pile-up.</p> <p>8.30 ■ Kitchen Impossible (C) UK series in which Michel Roux Jr teaches a group of people with a range of disabilities or long-term conditions kitchen skills.</p> <p>9.35 Arrow (AO, C) Code of Silence: With Hive's next attack imminent, Lance wonders if Donna is safer without him.</p> <p>10.35 Mike & Molly (PGR, R, C) Peggy's New Beau: Peggy's boyfriend asks Mike if he and Molly are planning to get married.</p> <p>11.05 Police Ten 7 (R, HD, C)</p> <p>11.35 Almost Human (AO, R, C)</p> <p>12.30am Bogans (AO, R, HD, C, AD)</p> <p>1.00 Shortland Street (PGR, R, HD, C, AD)</p> <p>1.30 Infomercials</p> <p>2.30 The Real (PGR)</p> <p>3.20 Private Practice (AO, R, C)</p> <p>4.05 Regular Show (G, R)</p> <p>4.15 A.N.T. Farm (G, R, C)</p> <p>4.40 The Adam and Eve Show (R, HD, C)</p> <p>5.05 Neighbours (G, R, C)</p> <p>5.30 - 6.00 Infomercials</p>	<p>6.00 Paul Henry</p> <p>9.00 Rachael Ray (G, HD)</p> <p>10.00 Infomercials</p> <p>11.30 Family Feud (R, C, HD)</p> <p>Noon Newshub Midday</p> <p>12.30 Dr Phil (AO, HD)</p> <p>1.30 ■ The Mentor (2014, PGR, HD) A woman tries to put the loss of her eight-year-old daughter behind her by going back to teaching. Jes Macallan.</p> <p>3.25 Entertainment Tonight (G)</p> <p>3.55 The X Factor Australia (G, HD)</p> <p>5.30 Family Feud (C, HD)</p> <p>6.00 Newshub Live</p> <p>7.00 Story With Duncan Garner and Heather du Plessis-Allan.</p> <p>7.30 Grand Designs UK (PGR, HD) The Seaside House: In Somerset, a pair of first-timers are trying to turn a cowshed into home by learning everything from the internet.</p> <p>8.30 Lost & Found (G, HD) Tonight: South Island brothers try to find the father who walked out on them 32 years ago.</p> <p>9.30 Bodyshockers (AO, HD) Tonight: A barman has a troublesome tattoo above his private parts, and a jewellery designer has new plans for stretching.</p> <p>10.35 Newshub Late News and entertainment.</p> <p>11.05 CSI: Crime Scene Investigation (AO, HD, C) Dead in His Tracks: The team investigates a mob crime.</p> <p>12.05am - 6.00 Infomercials</p>	 <p>Prime: Madam Secretary, 9.35pm</p> <p>PRIME FREEVIEW 10 SKY 004</p> <p>6.00 Home Shopping</p> <p>6.30 The Crowd Goes Wild (G, R)</p> <p>7.00 Deal or No Deal (G, R)</p> <p>7.30 Home Shopping</p> <p>Noon The Doctors (G)</p> <p>1.00 Marco Pierre White's Kitchen Wars (G, R)</p> <p>2.00 The Tonight Show Starring Jimmy Fallon (PGR, R)</p> <p>3.00 The Crowd Goes Wild (G, R)</p> <p>3.30 Antiques Roadshow (G, R, C)</p> <p>4.30 Hot Bench (G)</p> <p>5.00 Deal or No Deal (G)</p> <p>5.30 Prime News</p> <p>6.00 Escape to the Country (G)</p> <p>7.00 The Crowd Goes Wild (G)</p> <p>7.30 Big Spring Clean (G)</p> <p>8.00 Simply Nigella (G, C)</p> <p>8.40 ■ Scandimania (G, C) Norway: Hugh tries smoked sheep's head in Norway.</p> <p>9.35 ■ Madam Secretary (AO, C) The Show Must Go on: The president's plane disappears.</p> <p>10.35 The Tonight Show Starring Jimmy Fallon (PGR)</p> <p>11.35 The Crowd Goes Wild (G, R)</p> <p>12.05am Home Shopping</p> <p>1.35 The Crowd Goes Wild (G, R)</p> <p>2.05 - 6.00 Home Shopping</p>	<p>FOUR FREEVIEW 4 SKY 012</p> <p>6.00 Children's Programmes 10.05 Infomercials 2.00 Sesame Street (G, R) 2.55 Pingu (G, R) 3.00 Sticky TV 4.35 Strange Hill High (G, R)</p> <p>5.00 Drake and Josh (G, R) 5.30 The Nanny (G, R, C) 6.00 It Only Hurts When I Laugh (G, R) 6.30 How I Met Your Mother (G, R)</p> <p>7.00 The Simpsons (PGR, R, C) A Midsummer's Nice Dream: Cheech and Chong visit Springfield. 7.30 Bob's Burgers (PGR) Sacred Couch: A family vote rules against buying a new couch. 8.00 American Dad! (PGR) The Unincludeds: Steve and Snot throw a party for the uncool kids. 8.30 American Dad! (PGR) A Boy Named Michael: Roger moves in with Greg and Terry. 9.00 Family Guy (AO, R) This Little Piggy: Meg is thrilled to be recruited as a model, but it turns out to be for the foot-fetish industry. 9.30 South Park (AO, R) The Jeffersons: A mysterious man moves to South Park. 10.00 The Real Housewives of Melbourne (PGR, R) Pooch Party: Chyka throws a canine party. 10.55 Entertainment Tonight (G) 11.20 - 6.00am Infomercials</p> <p>6.30 Children's Programmes (G, R)</p> <p>8.00 Matika (G, R)</p> <p>8.30 Te Kaea (R)</p> <p>9.00 Kawe Korero: Reporters (R)</p> <p>9.30 Kai Time on the Road (G, R)</p> <p>10.00 Korero Mai (G, R)</p> <p>11.00 Toku Reo (G, R)</p> <p>Noon Korero Mai (G, R)</p> <p>1.00 Toku Reo (G, R)</p> <p>2.00 Ako (G, R)</p> <p>3.00 City Slickers Rodeo (G, R)</p> <p>3.30 Nga Pari Karangaranga (G, R)</p> <p>4.00 Whanau Living (G)</p> <p>4.30 Nga Manu Korero (G)</p> <p>5.00 Tribe (G, R)</p> <p>5.30 Te Kaea</p> <p>6.00 Pukoro (G, R)</p> <p>6.30 Pukana (G, R)</p> <p>7.00 Waiaita (G, R) Tonight: Kirsten Te Rito.</p> <p>7.30 Iwi Anthems (G, R)</p> <p>8.00 Home Krew (PGR, R)</p> <p>8.30 Friday Night Lights (PGR)</p> <p>9.30 Billy T James (AO, R)</p> <p>10.00 Whawhai</p> <p>10.30 Te Kaea (R)</p> <p>11.00 - 11.55 Kawe Korero: Reporters</p>

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
6.00 Authors Anonymous (2014, PG) Kaley Cuoco-Sweeting.	6.25 Mini-series: The Secret Life of Marilyn Monroe (2015, M, parts 1&2) Kelli Garner.	6.10 Tightrope (1984, M) Clint Eastwood.	6.55 The Case Against 8 (2014, M) US documentary.
7.30 If I Stay (2014, M) Chloë Grace Moretz.	9.15 Angels in Stardust (2014, M) AJ Michalka.	8.05 The Choirboys (1977, 18) James Woods.	8.45 Howl's Moving Castle (2004, PG) Voice of Christian Bale.
9.15 Forever 16 (2013, M) Tiera Skovbye.	10.55 There's Always Woodstock (2014, M) Allison Miller.	10.05 Winter Kills (1979, 16) Jeff Bridges.	10.45 God's Pocket (2014, 16) Philip Seymour Hoffman.
10.45 A Broken Code (2012, M) Michael Gergenti.	12.30 The Broken Shore (2013, 16) Don Hany.	11.35 Police Academy (1984, M) Steve Guttenberg.	12.15 Road (2014, PG) UK documentary.
12.20 Authors Anonymous (2014, PG) Kaley Cuoco-Sweeting.	2.20 Mini-series: The Secret Life of Marilyn Monroe (2015, M, parts 1&2) Kelli Garner.	1.10 Touch of Evil (1958, M) Charlton Heston.	2.00 May in the Summer (2013, M) Cheri Dabis.
1.50 If I Stay (2014, M) Chloë Grace Moretz.	5.15 Lost in Translation (2003, PG) Bill Murray.	2.55 Major League (1989, M) Tom Berenger, Charlie Sheen.	3.40 The Outlaw Michael Howe (2013, 16) Damon Herriman.
3.40 Mini-series: Would Be Kings (2008, 16, part 1) Currie Graham.	6.55 Kidnapping Mr Heineken (2015, M) Sam Worthington, Anthony Hopkins.	4.40 The Shawshank Redemption (1994, 16) Two prisoners develop a friendship. Morgan Freeman.	5.00 God Help the Girl (2014, M) Emily Browning.
5.10 Casting Couch (2013, 16) Jason Lockhart.	8.30 Mini-series: The Red Tent (2014, 16, part 1) Dinah tells the story of her father, Jacob. Rebecca Ferguson.	7.00 Bean (1997, PG) A bumbling, incompetent man is sent to the US to oversee a gallery exhibition in the place of an art expert. Rowan Atkinson.	6.50 Hinterland (2015, 16, season 2, episode 3) Tonight: The discovery of a body in a lake leads to a local teacher.
6.45 The Drop (2014, 16) Tom Hardy, Noomi Rapace.	10.00 Somewhere Slow (2013, 16) A woman leaves her old life behind. Jessalyn Gilsig.	8.30 Wild at Heart (1990, 18) Two young lovers run from a variety of weirdos. Nicolas Cage, Laura Dern.	8.30 Blood Brother (2013, M) US documentary about Rocky Braat, who dedicated his life to caring for a group of HIV-positive children.
8.30 The Gunman (2015, 16) A former assassin's past catches up with him. Sean Penn, Idris Elba.	11.35 Shuffle (2011, M) A man wakes up every day at a different age. TJ Thyne.	10.35 Fearless (1993, PG) A man makes changes in his life after a brush with death in a plane crash. Jeff Bridges.	10.05 Tangerine (2015, 16) Mya Taylor.
10.30 And Now a Word from Our Sponsor (2013, M) Bruce Greenwood, Parker Posey.	1.00am Kidnapping Mr Heineken (2015, M) 2.35 Mini-series: The Red Tent (2014, 16, part 1) 4.05 Somewhere Slow (2013, 16) 5.40 Lost in Translation (2003, PG)	12.35am Protocol (1984, PG) 2.10 Pocket Money (1972, PG) 3.50 The Shawshank Redemption (1994, 16)	11.35 My Mistress (2014, 16) Emmanuelle Beart.
11.55 Clown (2014, 16) Eli Roth.			1.20am Road (PG) 3.05 May in the Summer (2013, M) 4.45 The Giant Poppy Project (G) 5.00 Blood Brother (M)
1.35am Mini-series: Would Be Kings (2008, 16, part 1) 3.25 Casting Couch (2013, 16) 5.00 The Drop (2014, 16)			

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 Benny Hinn **6.30** Britain's Biggest Adventures with Bear Grylls **7.30** Dear Genevieve **8.00** World's Wildest City **8.30** Natural World: The Secret Life of the Circles **9.30** The Cook and the Chef **10.00** Sean's Kitchen **10.30** Best House on the Street **11.30** American Restoration **Noon** Holmes Makes It Right **1.00** The Big Catch **2.00** Britain's Biggest Adventures with Bear Grylls **3.00** Dear Genevieve **3.30** World's Wildest City **4.00** Predator Coast **5.00** Heston's in Search of Perfection **5.30** Andy & Ben Eat the World **6.00** Double Your House for Half the Money **7.00** Auction Hunters **7.30** Tiny House Nation **8.30** Trashformers **9.30** Trust Me I'm a Doctor **10.30** Auction Hunters **11.00** Heston's in Search of Perfection **11.30** Andy & Ben Eat the World **12.00am** Gardeners' World **12.30** Benny Hinn **1.00** Dear Genevieve **1.30** World's Wildest City **2.00** Predator Coast **3.00** Double Your House for Half the Money **4.00** Tiny House Nation **5.00** Trashformers

UKTV SKY 007

6.00 **QI** (M) **7.00** EastEnders (PG) **7.30** The Vicar of Dibley (PG) **8.00** Keeping Up Appearances (PG) **8.30** The Bill (M) **10.10** Lewis (M) **11.50** The Vicar of Dibley (PG) **12.20** Keeping Up Appearances (PG) **12.50** Call the Midwife (PG) **1.45** New Tricks (M) **2.40** Lewis (M) **4.20** The Bill (M) **6.00** The Vicar of Dibley (PG) **6.30** Keeping Up Appearances (PG) **7.00** EastEnders (PG) **7.30** **QI** (M) **8.00** Would I Lie to You? (PG) **9.00** The Graham Norton Show (M) Tonight: Stanley Tucci, Kim Cattrall, Harry Enfield and Paul Whitehouse. **10.00** The Vicar of Dibley (PG) **10.30** Keeping Up Appearances (PG) **11.00** Would I Lie to You? (M) **11.30** The Graham Norton Show (M) **12.20am** The Bill (M) **1.10** Pointless (PG) **2.00** 'Allo 'Allo! (PG) **2.30** Lewis (M) **4.10** Midsomer Murders (M)

Living SKY 017

6.00 Homes Under the Hammer **7.00** Antiques Roadshow **8.00** Zoo Days **8.25** Grand Designs Revisited **9.20** A Place in the Sun: Winter Sun **10.20** Location Location Location **11.20** Homes Under the Hammer **12.20** Antiques Roadshow **1.20** Escape



Movies Extra: Kidnapping Mr Heineken, 6.55pm

to the Country **2.10** Selling Houses with Amanda Lamb **3.05** Zoo Days **3.35** Grand Designs **4.30** A Place in the Sun: Winter Sun **5.30** Location Location Location **6.30** Antiques Roadshow **7.30** Homes Under the Hammer **8.30** Charlie Luxton's Homes by the Sea **9.30** Restoration Home **10.30** Escape to the Country **11.30** Grand Designs **12.25am** Antiques Roadshow **1.25** Homes Under the Hammer **2.25** Charlie Luxton's Homes by the Sea **3.20** Restoration Home **4.10** Escape to the Country **5.10** Selling Houses with Amanda Lamb

Sky Arts SKY 020

7.10 In Confidence: Harry Belafonte **8.00** Put Some Colour in Your Life **8.30** Stars of the Silver Screen **9.15** The Mystery of Mary Magdalene **10.15** Brahms Symphony No. 2 in D Major **11.00** Verbier: Ebene Quartet play Haydn and Mendelssohn **Noon** International Piano Festival: Trifonov **1.55** RCO: Four Seasons: Vivaldi & Piazzolla **3.10** In Confidence: Harry Belafonte **4.00** Put Some Colour in Your Life **4.30** The New Art Doctor **5.25** Shakespeare Uncovered (G) A Midsummer Night's Dream with Hugh Bonneville. **6.10** Frankenstein and the Vampyre **7.00** Put Some Colour in Your Life **7.30** Behind the Artist: Art & BD **8.30** Guitar Star **9.15** Off Camera: Matt Damon **10.15** The Third Eye (PG) **11.05** In Confidence **12.00am** Put Some Colour in Your Life **12.30** The New Art Doctor **1.25** Shakespeare Uncovered **2.10** Frankenstein and the Vampyre **3.00**

Put Some Colour in Your Life **3.30** Behind the Artist: Art & BD **4.30** Guitar Star **5.15** Off Camera

SoHo SKY 010

6.30 The Tunnel (16) **7.30** Girls (18) **8.00** Togetherness (16) **8.30** American Crime Story: The People v OJ Simpson (16) **9.30** Baskets (M) **10.00** Animals. (16) **10.30** The Jinx: The Life and Deaths of Robert Durst (16) **11.20** The Tunnel (16) **12.20** Damages (M) **1.20** Girls (18) **1.50** Togetherness (16) **2.20** Baskets (M) **2.50** Animals. (16) **3.20** The Tunnel (16) **4.20** American Crime Story: The People v OJ Simpson (16) **5.20** The Jinx: The Life and Deaths of Robert Durst (16) **6.15** Damages (M) **7.15** Heroin: Cape Cod, USA (16) **8.30** Girls (18) Good Man: Hannah helps out her dad. **9.00** Togetherness (16) Handcuffs: Tina enlists Alex to help her with her business. **9.30** Baskets (M) **10.00** Animals. (16) **10.30** Damages (M) **11.25** 11.22.63 (16) **12.20am** From the Earth to the Moon (M) **1.20** Baskets (M) **1.50** Animals. (16) **2.20** Heroin: Cape Cod, USA (16) **3.35** Girls (18) **4.05** Togetherness (16) **4.35** 11.22.63 (16) **5.30** Damages (M)

BBC World News SKY 089

6.00 Outside Source **6.30** BBC Focus on Africa **7.00** BBC World News **7.30** World Business Report **7.45** Sport Today **8.00** World News Today **8.30** Sport Today **9.00** BBC Business Live **9.30** HARDtalk **10.00** Outside Source **11.00** BBC World News America **11.30** Asia Business Report **11.45** Sport Today **Noon** Newsday **12.30** Asia Business Report **12.45** Sport Today **1.00** Newsday **1.30** Asia Business Report **1.45** Sport Today **2.00** Newsday **2.30** Asia Business Report **2.45** Sport Today **3.00** BBC World News **3.30** Asia Business Report **3.45** Sport Today **4.00** BBC World News **4.30** Our World **5.00** BBC World News **5.30** HARDtalk **6.00** BBC World News **6.30** World Business Report **6.45** BBC World News **7.30** World Business Report **7.45** BBC World News **8.45** World Business Report **9.00** BBC World News **9.30** BBC Business Live **10.00** BBC World News **10.30** HARDtalk **11.00** BBC World News **11.30** World Business Report **11.45** Sport Today **12.00am** GMT **2.00** BBC Impact **3.30** World Business Report **3.45** Sport Today **4.00** Global with Matthew Amroliwala **5.30** HARDtalk

SPORT

Sky Sport 1 SKY 051

6.00 Ironman, Kellogg's Nutri-Grain Series, round six. **7.45** Athletics, Auckland Track Challenge. **8.45** Bowls, Trans-Tasman, day three, **live. 11.30** European Tour Weekly **Noon** Cycling, UCI Track World Championships, day one. **12.30** Bowls, Trans-Tasman, day three, from Christchurch, **live.** **3.15** Rugby, Super Rugby, round one, Blues v Highlanders. **3.45** Bowls, Trans-Tasman, day three, **live. 6.30** Super Rugby, round one, Brumbies v Hurricanes. **7.00** Super Rugby, round one, Crusaders v Chiefs. **7.30** The Breakdown **8.30** Cycling, UCI Track World Championships, day one, from Lee Valley VeloPark, London. **9.00** European Tour Weekly **9.30** Squash, Windy City Open, finals. **12.00am** Soccer, ASB Premiership, first semi-final. **2.00** Rugby League, NRL, round one, Parramatta Eels v Brisbane Broncos. **4.00** The NRL Footy Show

Sky Sport 2 SKY 052

6.00 The Breakdown **7.00** NRL 360 **8.00** Sterlo: On the Couch **9.00** Cycling, Tour of Oman, stage one. **10.00** Nascar Sprint Cup, Folds of Honor QuikTrip 500. **11.00** Rugby Nation **Noon** Sky Sport Select **12.30** World Rally Championship, round three, Rally Mexico Preview. **1.00** Squash, Windy City Open, finals, **live. 3.30** Ultimate Insider **4.00** Sky Sports UK News **4.30** Cycling, UCI Track World Championships, day one. **7.00** Sterlo: On the Couch **8.00** UK Super League, Catalans Dragons v Leeds Rhinos. **8.30** NRL 360 **9.30** Rugby League, NRL, round one, Parramatta Eels v Brisbane Broncos, **live. 12.00am** The NRL Footy Show **2.00** Chelsea TV **5.00** Back Page

Sky Sport 3 SKY 053

6.00 Table Tennis, **7.00** Rugby Nation **7.50** Cycling, UCI Track World Championships, day one, **live.** **10.05** #Skyspeed **10.30** UFC Countdown **11.30** The Crowd Goes Wild **Noon** The Breakdown **1.00** Ironman, Kellogg's Nutri-Grain Series, round six.



Discovery: **Rebel Gold, 9.30pm**

3.00 Kabaddi, Pro League. **3.30** MUTV **6.30** Athletics, Auckland Track Challenge. **7.30** Soccer, **live. 9.30** #Skyspeed **10.00** MUTV **1.00am** NRL 360 **2.00** Cycling, UCI Track World Championships, day one. **4.30** Table Tennis, **5.30** The Breakdown

ESPN SKY 061

6.00 Basketball, College, South-Eastern Conference, Tennessee v Vanderbilt. **7.30** Boxing, Classics, Lewis v Briggs. **8.00** NFL Insiders **8.30** NFL Live **9.30** NBA: The Jump **10.00** SportsNation **10.30** Highly Questionable **11.00** SportsNation **11.30** NBA: The Jump **Noon** SportsCenter **1.00** NBA Countdown **2.00** Basketball, NBA, New Orleans Pelicans v Houston Rockets, **live. 4.30** Basketball, NBA, Oklahoma City Thunder v Los Angeles Clippers, **live. 7.00** Basketball, College, Atlantic Coast Conference, Miami v Notre Dame. **8.30** NBA: The Jump **9.00** Around the Horn **9.30** Pardon the Interruption **10.00** ESPN FC **10.30** NBA Tonight **11.00** Basketball, College, Pacific-12 Conference, Oregon v UCLA. **12.30am** College Basketball Live **1.00** SportsCenter **2.00** ESPN FC **2.30** Basketball, NBA, New Orleans Pelicans v Houston Rockets. **4.30** Basketball, NBA, Oklahoma City Thunder v Los Angeles Clippers.

DOCUMENTARIES

Discovery SKY 070

6.00 Destroyed in Seconds (PG) **6.30** Deadliest Catch (PG) **7.30** The Pool Master (PG) **8.30** MythBusters (M) **9.25** Airplane Repo (PG) **10.20** Unearthed (PG) **11.15** Evil-In-Law (M) **12.10** Your Worst Nightmare (M) **1.05** Swamp Murders (M) **2.00** How It's Made (PG) **2.55** How Do They Do It? (PG) **3.20** Auction Kings (PG) **3.50** The Pool Master (PG) **4.45** Alaska: The Last Frontier (M) **5.40** MythBusters (PG) **6.35** Gold Rush: The Dirt (PG) **7.30** Gold Rush (PG) **8.30** Railroad Alaska (PG) **9.30** Rebel Gold (PG) **10.30** How It's Made (PG) **11.30** The Pool Master (PG) **12.30am** Blood Relatives (M) **1.25** Murder Comes to Town (M) **2.20** Auction Kings (PG) **2.45** Destroyed in Seconds (PG) **3.15** Deadliest Catch (PG) **4.10** Dirty Jobs (PG) **5.05** Flying Wild Alaska (PG)

National Geographic SKY 072

6.00 Science of Stupid (M) **6.30** Ultimate Airport Dubai (PG) **7.30** Yukon Gold (M) **8.30** Wicked Tuna (M) **9.30** Innovation Nation (PG) **10.00** Brain Games (PG) **10.30** Ancient X-Files (PG) **11.30** The Truth Behind (PG) **12.30** Air Crash Investigation (PG) **1.30** Titanic: Final Word with James Cameron (PG) **3.30** Terror in the Skies (PG) **4.30** Seconds from Disaster (PG) **6.30** Science of Stupid (M) **7.00** Brain Games (PG) **8.30** Supercar Megabuild (PG) **9.30** Sailing the Treasure Ship (PG) Tonight: The Jewel of Muscat will sail more than 5000km across the Indian Ocean and do battle with the monsoon. **10.30** Jesus: Rise to Power (PG) **11.30** Supercar Megabuild (PG) **12.30am** Air Crash Investigation (PG) **1.30** Ultimate Airport Dubai (PG) **2.30** Inside the American Mob (M) **3.30** Generals at War (PG) **4.30** Air Crash Investigation (PG) **5.30** Street Genius (PG)

History SKY 073

6.30 After Braveheart (M) **7.30** Battle 360 (PG) **8.30** Convict Women and Orphan Girls (PG) **9.30** Secrets of Britain (PG) **10.30** Ancient Discoveries (PG) **11.30** Cleopatra: Portrait of a Killer (PG) **12.30** Australia: The Story of Us (PG) **1.30** Napoleon (PG) **2.30** Russia's War: Blood Upon the Snow (M) **3.30** Secrets of War (M) **4.30** Convict Women and Orphan Girls (PG) **5.30** Secrets of the Stones (PG) **6.30** Ancient Discoveries (PG) **7.30** In Search of Ancient Ireland (PG) **8.30** Forbidden History (PG) The Oracles of the Dead: The Oracles were young women of the underworld who were consulted by ancient Greek society. **9.30** Ancient Aliens (PG) **10.30** Unsealed: Alien Files (PG) **11.30** UFO Hunters (PG) **12.30am** Russia's War: Blood Upon the Snow (M) **1.30** Secrets of War (M) **2.30** Tales of the Gun (PG) **3.15** The World at War (M) **4.00** In Search of Ancient Ireland (PG) **4.45** Forbidden History (PG) **5.30** Ancient Aliens (PG)

BBC Knowledge SKY 074

6.45 24 Hours in A&E (M) **7.35** Who Do You Think You Are? (PG) **8.35** Stephen Fry in America (M) **10.40** Eggheads (PG) **11.10** James May's Things You Need to Know (PG) **11.40** Speed with Jeremy Clarkson (PG) **12.10** Traffic Cops (M) **1.15** Top Gear (PG) **2.10** 24 Hours in A&E (M) **3.00** Embarrassing Bodies (M) **3.50** Eggheads (PG) **4.20** Top Gear (PG) **6.20** Traffic Cops (M) **7.30** Countryfile (PG) **8.30** Human Universe with Brian Cox (PG) Tonight: Why Are We Here? **9.40** The Life of Birds (PG) **10.40** Traffic Cops (M) **11.45** Top Gear (M) **12.50am** James May's Things You Need to Know (PG) **1.20** Speed with Jeremy Clarkson (PG) **1.50** Stephen Fry in America (PG) **2.50** Lonely Planet: Best in China (PG) **3.00** Countryfile (PG) **4.00** Human Universe (PG) **5.05** The Life of Birds (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.00 Morning Report Including: 6.16 and 6.50 Business News; 6.18 Pacific News; 6.26 Rural News; 6.48 and 7.45 NZ Newspapers **9.06** Nine to Noon with Kathryn Ryan Including: 10.45 The Reading: Where The Rekohu Bone Sings, by Tina Makereti (4 of 15, RNZ)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Jesse Mulligan

4.06 The Panel with Jim Mora

5.00 Checkpoint with John Campbell

6.30 Worldwatch-PM with John Greaves

7.06 Nights with Bryan Crump

7.30 At the Movies with Simon Morris

8.13 Windows on the World

9.06 Our Changing World

10.00 News and Late Edition

11.06 The Music 101 Pocket Edition (RNZ)

12.04am All Night Programme Including: 12.05 Music After Midnight; 12.30 Health Check (BBC); 1.05 The Friday Feature: Selfies in the Galleries; 2.05 NZ Society; 2.30 The Sampler (RNZ); 3.05 Sorry, I'm a Stranger Here Myself, by Peter Bland (3 of 10, RNZ); 3.30 The Why Factor (BBC); 5.10 Witness (BBC); 5.45 The Day in Parliament

Website: radionz.co.nz

Parliament: parliament.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00am, 7.00, 8.00, 9.00am, noon, 3.00, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

Including hourly RNZ news

10.00 Weekday Classics with Clarissa Dunn

Including RNZ News at noon

1.00 Upbeat with Eva Radich (RNZ)

2.00 Made in New Zealand

3.00 Classic Afternoons with David Morris

Including RNZ News at 3.00, 5.00 and 6.00pm **7.00** Appointment John Drummond explores critical moments in the history of Western music. Interrupted Cadences What if...?: What if Benjamin Britten hadn't made it across the Atlantic in 1942? (F, RNZ)

8.00 Music Alive Songs from Vienna: Christine Brewer (sop), APO/Leo Hussain - Mozart: Symphony No 41 in C K551, Jupiter; Beethoven: A! Perfido Op 65; Marx: Song selection, Selige Nacht; Marienlied; Und gestern hat er mir Rosen gebracht; Hat dich die Liebe berührt; Waldseligkeit; Der bescheidene Schäfer; Mahler: First mvt, Adaio, from Symphony No 10 in F# minor (RNZ)

9.45 A Scottish Sonata Mendelssohn's Sonate écossaise

10.00 Day's End Music to wind down to

12.00am Music Through the Night

Website: radionz.co.nz/concert

Radio Live

6.00 Paul Henry 9.00 Mark Sainsbury Noon Willie

Jackson & Alison Mau 3.00 Duncan Garner 6.00

Newshub Live 7.00 Story 7.30 Paul Henry Highlights

8.00 Karyn Hay 12.00am Joe Reid & Bruce Hopkins

5.00 James Coleman

Website: radiolive.co.nz

Newstalk ZB

6.00 Mike Hosking 8.30 Leighton Smith Noon Kerre McIvor & Mark Dye 4.00 Larry Williams 7.00 Mark Watson 8.00 Marcus Lush 12.00am Bruce Russell 5.00 Rachel Smalley

Website: newstalkzb.co.nz

TV1 FREEVIEW 1 SKY 001

6.00 Breakfast
9.00 Whanau Living (G, HD)
 Today: Amy Gibson makes a healthy snack platter; Beez has a 20-minute workout for beginners; and Jenny May Clarkson learns about reptiles as pets.

9.30 The Ellen DeGeneres Show (G, R, C) Today: Kris Jenner.

10.30 The Chase (G, R, C) Hosted by Bradley Walsh.

11.30 ■ Brendan's Magical Mystery Tour (G, R, C)
 Today: The tour of Istanbul concludes with some comical musical performances, before the two finalists go head-to-head in a haggling battle at the Grand Bazaar to determine who wins the £1000 prize.

Noon ONE News (C)

12.30 Emmerdale (PGR, C) Today: Pollard's money-making scheme backfires.

1.00 Coronation Street (PGR, R, C, AD) Today: Maddie goes to extreme measures; Maria is rocked by Marcus's return; and Nick may be about to discover the truth.

2.00 May the Best House Win Abroad (G, R) Vienne: Four homeowners in Vienne, western France, invite one another to score their properties in a variety of categories.

3.00 Dickinson's Real Deal (G)
 David Dickinson presents an antiques series.

3.55 Te Karere (C)

4.25 The Chase (G, C)
 Contestants race to answer quiz questions correctly to avoid being caught by the Chaser.

5.25 Millionaire Hot Seat (G, C)
 With Eddie McGuire.

6.00 ONE News (C)

7.00 Seven Sharp (C)

7.30 MasterChef Australia (G, C)
 Keys to the Final: The judges reveal that the contestants will be running service in the Press Club restaurant in Melbourne, and will be cooking a four-course meal for 35 of the finest chefs and restaurateurs in the country.

8.40 Coronation Street (PGR, C, AD) Tonight: A confused Owen confronts Anna, and Sally fears for her relationship.

10.40 ONE News Tonight (C)

11.10 Red Widow (AO, HD, C) The Captive: After her daughter goes missing, a frantic Marta fears the worst and turns to Schiller for help.

12.05am Castle (R, C) Significant Others: A divorce lawyer is murdered.

1.00 Te Karere (R, C)

1.25 - 6.00 Infomercials

TV2 FREEVIEW 2 SKY 002

6.00 Creflo Dollar Ministries

6.30 Tiki Tour (G, R, HD, C)

6.55 Angry Birds Toons (G, R, C)

7.00 My Little Pony: Friendship Is Magic (G, C)

7.20 Yo-Kai Watch (R)

7.45 Numb Chucks (G, R, C)

8.10 PAW Patrol (G, R, C)

8.35 Sheriff Callie's Wild West (G, R)

9.00 Infomercials

10.30 Neighbours (G, R, C)

11.00 Home and Away (R, C)

11.30 Shortland Street (PGR, R, HD, C, AD)

Noon Hope & Faith (G, R, C)

12.30 The Jeremy Kyle Show (PGR)

1.30 Judge Rinder (G)

2.30 The Ellen DeGeneres Show (G, C)

3.30 Angry Birds Toons (G, R)

3.55 Inspector Gadget (G)

4.05 Kickin' It (C)

4.30 The Adam and Eve Show (HD, C) Today: A visit to Warner Bros Studios in LA.

5.00 Friends (G, R, C)

5.30 Home and Away (C)

6.00 The Middle (G, R, C) Average Rules: The librarian tries to thwart Brick.

6.30 Neighbours (G, C) Tonight: Sonya's meltdown goes viral, and Tyler struggles with a live-in girlfriend.

7.00 Shortland Street (PGR, HD, C, AD) Tonight: Kylie triumphs over a deadly enemy, and Nicole snaps. Writer Peter Bell, director Caroline Bell-Booth.

7.30 ■ The Voice (C) US singing competition with judges Christina Aguilera, Adam Levine, Blake Shelton and Pharrell Williams. Tonight: The first blind auditions.

9.30 ■ The Undateables (AO, R, C) UK series in which people with disabilities look for love. Tonight: Richard is an amateur radio enthusiast with Asperger's who won't eat on a date.

10.35 Mike & Molly (PGR, R, C) Goin' Fishin': Molly wants to start wedding plans, but Mike wants to go fishing.

11.05 The Big Bang Theory (PGR, R, C)

11.30 Two and a Half Men (PGR, R, C)

12.30am Scrubs (PGR, R, C)

12.55 Shortland Street (PGR, R, HD, C, AD)

1.25 Infomercials

2.30 Marvel's Agents of SHIELD (AO, R, C)

3.15 Arrow (AO, R, C)

4.05 Secret Mountain Fort Awesome (PGR, R)

4.15 Step by Step (G, R, C)

4.40 The Adam and Eve Show (R, HD, C)

5.10 Neighbours (G, R, C)

5.35 - 6.00 Zeke and Luther (G, R, C)

TV3 FREEVIEW 3 SKY 003

6.00 Paul Henry

9.00 Rachael Ray (G, HD)

10.00 Infomercials

11.30 Family Feud (R, C, HD)

Noon Newshub Midday

12.30 Dr Phil (AO, HD)

1.30 ■ Pastor Brown (2009, PGR, R, HD) A woman honours her dying father's command to take over as pastor of the family church. Salli Richardson-Whitfield.

3.30 Entertainment Tonight (G)

3.55 Jamie's 15-Minute Meals (G, R, C)

4.25 The X Factor Australia (G, HD)

5.30 Family Feud (C, HD)

6.00 Newshub Live

7.00 Road Madness (PGR, R, HD, C) Tonight: Miraculous escapes from life-threatening accidents.

7.30 Jono and Ben (HD) Jono Pryor and Ben Boyce present a comedy sketch show.

8.30 The Graham Norton Show (AO, C, HD) Tonight: Will Smith, Ryan Reynolds, Catherine Zeta-Jones, Toby Jones and Laura Mvula.

9.30 7 Days (AO, HD) Jeremy Corbett presents a topical comedy panel show.

10.00 Fail Army (AO, HD) Pranks and fails from the web.

10.30 Newshub Late

11.05 The Michael McIntyre Chat Show (AO, R, C) Tonight: Sir Bruce Forsyth, James Corden and Alex Jones.

12.10am The Good Wife (AO, R, HD)

1.00 - 6.00 Infomercials



Prime: NCIS: New Orleans, 8.30pm

PRIME FREEVIEW 10 SKY 004

6.00 Home Shopping

6.30 The Crowd Goes Wild (G, R)

7.00 Deal or No Deal (G, R)

7.30 Home Shopping

Noon The Doctors (G)

1.00 Marco Pierre White's Kitchen Wars (PGR, R)

2.00 The Tonight Show Starring Jimmy Fallon (PGR, R)

3.00 The Crowd Goes Wild (G, R)

3.30 Antiques Roadshow (G, R, C)

4.30 Hot Bench (G)

5.00 Deal or No Deal (G)

5.30 Prime News

6.00 Escape to the Country (G)

7.00 The Crowd Goes Wild (G)

7.30 Scorpion (PGR) Fish Filet: Sylvester goes undercover in a federal prison.

8.30 NCIS: New Orleans (AO, C) Touched By the Sun: A murdered Navy drone pilot was using a black market drone to gather intelligence.

9.30 American Idol (PGR)

11.30 The Tonight Show Starring Jimmy Fallon (PGR)

12.30am The Crowd Goes Wild (G, R)

1.00 Home Shopping

1.30 The Crowd Goes Wild (G, R)

2.00 - 6.00 Home Shopping

FOUR FREEVIEW 4 SKY 012

6.00 Children's Programmes

10.05 Infomercials 2.00 Sesame Street (G, R) 2.55 Pingu (G, R)

3.00 Sticky TV 4.35 Strange Hill High (G, R) 5.00 Drake and Josh (G, R) 5.30 The Nanny (G, R, C)

6.00 It Only Hurts When I Laugh (G, R) 6.30 How I Met Your Mother (G, R) End of the Aisle: Half an hour before their nuptials, Barney and Robin both suffer panic attacks.

7.00 The Simpsons (PGR, R, C) 500 Keys: Homer steals the Duff blimp.

7.30 Nitro Circus Live (PGR, R) Hong Kong: The crew heads to the Far East. **8.00 Nitro Circus Live (PGR, R)** Macau: The crew heads to Macau. **8.30 ■ Eye of the Tiger (1986, AO, R)** A Vietnam veteran arrives back in his small town to find it has been taken over by a gang of bike-riding crims. Gary Busey, Yaphet Kotto. **Films, page 70**

10.25 Cadbury Dream Factory (G, R, C) Tonight: The team reunites two girls with their parents after seven years apart, and a teenager takes flight for a unique journey to school. **11.20 Entertainment Tonight (G) 11.45 - 6.00am Infomercials**

MAORI FREEVIEW 5 SKY 019

6.30 Children's Programmes (G, R)

8.00 Matika (G, R)

8.30 Te Kaea (R)

9.00 Kawe Korero: Reporters (R)

9.30 Kai Time on the Road (G, R)

10.00 Korero Mai (G, R)

11.00 Toku Reo (G, R)

Noon Korero Mai (G, R)

1.00 Toku Reo (G, R)

2.00 Ako (G, R)

3.00 City Slickers Rodeo (G, R)

3.30 Nga Pari Karangaranga (G, R)

4.00 Whanau Living (G)

4.30 Patapatai (G, R)

5.00 Tribe (G, R)

5.30 Te Kaea

6.00 Pukoro (G, R)

6.30 Pukana (G, R)

7.00 Waiata (G, R)

7.30 Iwi Anthems (G, R)

8.00 Whanau Living (G, R)

8.30 Code (R)

9.30 My Reggae Song (G, R)

10.00 The Festival (PGR, R)

10.30 Te Kaea (R)

11.00 - 11.30 Kawe Korero: Reporters

SKY PREMIERE SKY 030	MOVIES EXTRA SKY 031	MOVIES CLASSICS SKY 034	RIALTO SKY 039
7.05 The Gunman (2015, 16) Sean Penn.	7.20 Kidnapping Mr Heineken (2015, M) Sam Worthington.	6.10 Bean (1997, PG) Rowan Atkinson.	6.35 God Help the Girl (2014, M) Emily Browning.
9.00 And Now a Word from Our Sponsor (2013, M) Bruce Greenwood.	8.55 Shuffle (2011, M) TJ Thyne.	7.40 Fearless (1993, PG) Jeff Bridges.	8.25 Hinterland (2015, 16, season 2, episode 3)
10.30 Clown (2014, 16) Eli Roth.	10.20 Mini-series: The Red Tent (2014, 16, part 1)	9.40 Protocol (1984, PG) Goldie Hawn.	10.05 Tangerine (2015, 16) Mya Taylor.
12.10 The Drop (2014, 16) Tom Hardy.	11.50 Lost in Translation (2003, PG) Bill Murray.	11.15 Wild at Heart (1990, 18) Nicolas Cage.	11.35 Women He's Undressed (2015, PG) Australian documentary.
1.55 The Gunman (2015, 16) Sean Penn.	1.30 Somewhere Slow (2013, 16) Jessalyn Gilsig.	1.20 Little Odessa (1994, 16) Tim Roth.	1.15 The New Girlfriend (2014, 16) Romain Duris.
3.50 Mini-series: Would Be Kings (2008, 16, part 2) Currie Graham.	3.05 The Courageous Heart of Irena Sendler (2009, M) Anna Paquin.	3.00 Batman Forever (1995, PG) Val Kilmer.	3.05 Muscle Shoals (2013, PG) US documentary.
5.20 Haunter (2013, M) Abigail Breslin, Peter Outerbridge.	4.40 The Longest Ride (2015, M) Scott Eastwood.	5.05 Bull Durham (1988, M) Kevin Costner, Susan Sarandon.	4.55 The Stag (2013, M) Andrew Scott, Hugh O'Conor.
6.55 The Inbetweeners 2 (2014, 16) A group of friends travel to Australia for their gap year. Simon Bird.	6.45 Drumline: A New Beat (2014, M) Alexandra Shipp.	6.50 Backbeat (1994, M) A dramatisation of the Beatles' Hamburg years. Stephen Dorff, Ian Hart, Sheryl Lee, Gary Bakewell.	6.35 Hungry Hearts (2014, M) Adam Driver.
8.30 The Loft (2014, 16) A dead woman is discovered in a penthouse that is used by a group of men for their extramarital affairs. James Marsden, Karl Urban.	8.30 Lost River (2014, 16) A teenager forms a friendship with his lonely neighbour, and together they find an underwater town. Christina Hendricks.	8.30 Frantic (1988, PG) A cardiologist in Paris becomes embroiled with Arab terrorists while hunting for his kidnapped wife. Harrison Ford, Betty Buckley.	8.30 Jordskott (2015, 16, season 1, episode 1) Swedish crime-drama series. Tonight: A detective returns to her hometown seven years after her daughter's disappearance. Moa Gammel, Göran Ragnerstam.
10.15 Dawn of the Planet of the Apes (2014, M) Gary Oldman.	10.10 Ask Me Anything (2014, 16) A troubled teenager becomes a blogger. Justin Long.	10.30 The Bodyguard (1992, M) A bodyguard falls in love with his client. Kevin Costner, Whitney Houston.	9.35 Samba (2014, M) Omar Sy.
12.25am Inside (2012, 16) 1.50 The Inbetweeners 2 (2014, 16) 3.25 The Loft (2014, 16) 5.05 Dawn of the Planet of the Apes (2014, M)	11.45 Assault on Wall Street (2013, 18) Dominic Purcell.	12.35am The Shining (1980, 16) 2.55 Little Odessa (1994, 16) 4.30 Bull Durham (1988, M)	11.35 Blackwood (2014, 16) Ed Stoppard, Sophia Myles.
	1.20am Lost River (2014, 16) 2.55 The Courageous Heart of Irena Sendler (2009, M) 4.30 The Longest Ride (2015, M)		1.05am Diaz: Don't Clean Up This Blood (2012, 16) 3.05 Muscle Shoals (PG) 4.55 The New Girlfriend (2014, 16)

GENERAL

Choice TV FREEVIEW 12 SKY 024

6.00 **Benny Hinn 6.50 Trust Me I'm a Doctor 7.30**
Dear Genevieve 8.00 **World's Wildest City 8.30 Love Nature: Predator Coast 9.30** Heston's in Search of Perfection 10.00 **Andy & Ben Eat the World 10.30**
Double Your House for Half the Money 11.30 **Auction Hunters Noon** Tiny House Nation 1.00 **Trashformers 2.00** Trust Me I'm a Doctor 3.00 Dear Genevieve 3.30 **World's Wildest City 4.30 Monkey Thieves 5.00** Shane Delia's Moorish Spice Journey 5.30 **The Lazy Chef 6.00 Million Dollar Contractor 6.30**
Yard Crashers 7.00 **Auction Kings (PG) 7.30** Better Homes and Gardens 9.00 George Clarke's Amazing Spaces 10.00 **Gardeners' World 10.30 Auction Kings (PG) 11.00** Shane Delia's Moorish Spice Journey 11.30 **The Lazy Chef 12.00am Gardeners' World 12.30** Benny Hinn 1.00 Dear Genevieve 1.30 **World's Wildest City 2.30 Monkey Thieves 3.00 Million Dollar Contractor 3.30** Yard Crashers 4.00 George Clarke's Amazing Spaces 5.00 **Gardeners' World 5.30**
World's Wildest City

UKTV SKY 007

6.00 **QI (M) 7.00 EastEnders (PG) 7.30** The Vicar of Dibley (PG) 8.00 **Keeping Up Appearances (PG) 8.30** The Bill (M) 10.10 Lewis (M) 11.50 **The Vicar of Dibley (PG) 12.20** Keeping Up Appearances (PG) 12.50 **Call the Midwife (PG) 1.45** New Tricks (M) 2.40 Lewis (M) 4.20 The Bill (M) 6.00 **The Vicar of Dibley (PG) 6.30** Keeping Up Appearances (PG) 7.05 **Midsomer Murders (M) 9.00 Foyle's War (M)** Among the Few: After discovering a black-market fuel racket, Sam poses as a driver and goes undercover at the local petrol depot. 10.50 **Would I Lie to You? (PG) 11.20** The Graham Norton Show (M) 12.10am **The Bill (M) 1.00 Pointless (PG) 1.50 'Allo 'Allo! (PG) 2.15 Lewis (M) 3.45 Midsomer Murders (M) 5.20 Cuckoo (M)**

Living SKY 017

6.00 **Homes Under the Hammer 7.00 Antiques Roadshow 8.00 Zoo Days 8.25 Grand Designs 9.20** Charlie Luxton's Homes by the Sea 10.20 **Restoration Home 11.20** Homes Under the Hammer 12.20 **Antiques Roadshow 1.20 Escape to the**

Sky Premiere: **The Loft**, 8.30pm

Country 2.10 **Selling Houses with Amanda Lamb 3.05 Zoo Days 3.35 Grand Designs 4.30** Charlie Luxton's Homes by the Sea 5.30 **Restoration Home 6.30 Antiques Roadshow 7.30** Homes Under the Hammer 8.30 **Long Lost Family 9.30 Obsessive Compulsive Cleaners 10.30 Royal Upstairs Downstairs 11.30 Grand Designs 12.25am Antiques Roadshow 1.25 Homes Under the Hammer 2.25 Long Lost Family 3.20 Obsessive Compulsive Cleaners 4.10 Royal Upstairs Downstairs 5.10 Selling Houses with Amanda Lamb**

Sky Arts SKY 020

6.15 **The Third Eye (PG) 7.05 In Confidence 8.00 Put Some Colour in Your Life 8.30 The New Art Doctor 9.25 Shakespeare Uncovered 10.10 Frankenstein and the Vampyre 11.00 Put Some Colour in Your Life 11.30 Behind the Artist: Art & BD 12.30 Guitar Star 1.15 Off Camera: Matt Damon 2.15 The Third Eye (PG) 3.05 In Confidence 4.00 Put Some Colour in Your Life 4.30 In the Tracks of: Alexandre Desplat 5.30 Stars of the Silver Screen: Claudette Colbert 6.15 Stars of the Silver Screen: Groucho Marx 7.00 Auction 7.30 Adventurers of Modern Art: Libertad 8.30 **Ancient Greece: The Greatest Show on Earth 9.30 Raiders of the Lost Art 10.00 Off Camera: Sarah Silverman 11.00 Mammon (M) 12.00am Put Some Colour in Your Life 12.30 In the Tracks of: Alexandre Desplat 1.30 Stars of the Silver Screen 3.00 Auction 3.30 Adventurers of Modern Art:****

Libertad 4.30 **Ancient Greece: The Greatest Show on Earth 5.30 Raiders of the Lost Art**

SoHo SKY 010

6.25 **From the Earth to the Moon (M) 7.25** Heroin: Cape Cod, USA (16) 8.40 **Baskets (M) 9.10 Animals (16) 9.40** 11.22.63 (16) 10.35 **Girls (18) 11.05 Togetherness (16) 11.35** From the Earth to the Moon (M) 12.35 **Damages (M) 1.30 Baskets (M) 1.55 Animals (16) 2.25 Girls (18) 2.55 Togetherness (16) 3.25 Heroin: Cape Cod, USA (16) 4.40 From the Earth to the Moon (M) 5.40 11.22.63 (16) 6.35 Damages (M) 7.30 **Mad Dogs (18) Hat: The guys try to escape Belize with the help of an Embassy employee. 8.30 The Tunnel (16) Tonight: Having confirmed the identity of the so-called Truth Terrorist, the detectives make a shocking discovery. 9.30 American Crime Story: The People v OJ Simpson (16) 10.30 Damages (M) 11.20 Girls (18) 11.50 Togetherness (16) 12.20am Mad Dogs (18) 1.20 American Crime Story: The People v OJ Simpson (16) 2.20 The Tunnel (16) 3.20 Mad Dogs (18) 4.20 Girls (18) 4.50 Togetherness (16) 5.20 Damages (M)****

BBC World News SKY 089

6.00 **Outside Source 6.30 BBC Focus on Africa 7.00 BBC World News 7.30 World Business Report 7.45 Sport Today 8.00 World News Today 8.30 Sport Today 9.00 BBC Business Live 9.30 HARDtalk 10.00 Outside Source 11.00 BBC World News America 11.30 Asia Business Report 11.45 Sport Today Noon Newsday 12.30 Asia Business Report 12.45 Sport Today 1.00 Newsday 1.30 Asia Business Report 1.45 Sport Today 2.00 Newsday 2.30 Asia Business Report 2.45 Sport Today 3.00 BBC World News 3.30 Asia Business Report 3.45 Sport Today 4.00 BBC World News 4.30 Our World 5.00 BBC World News 5.30 HARDtalk 6.00 BBC World News 6.30 World Business Report 6.45 BBC World News 7.30 World Business Report 7.45 BBC World News 8.45 World Business Report 9.00 BBC World News 9.30 BBC Business Live 10.00 BBC World News 10.30 HARDtalk 11.00 BBC World News 11.30 World Business Report 11.45 Sport Today 12.00am GMT 2.00 BBC Impact 3.30 TBA 4.00 BBC World News 4.30 World Business Report 4.45 Sport Today 5.00 BBC World News 5.40 Africa Business Report**

SPORT

Sky Sport 1 SKY 051

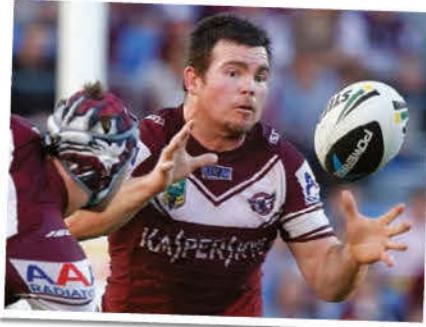
6.00 NRL, round one, Eels v Broncos. **6.30** Kabaddi **7.00** #Skyspeed **7.30** The Crowd Goes Wild **8.00** Darts, Premier League, Exeter, **live**. **11.30** WRC, round three, Rally Mexico preview. **Noon** The NRL Footy Show **2.00** NRL, Eels v Broncos. **2.30** Sky Sports UK News **3.00** Kabaddi **3.30** UK Super League, Salford Red Devils v Warrington Wolves. **5.30** World Rugby **6.00** The Breakdown **7.00** Super Rugby, Crusaders v Blues, **live**. **9.35** Super Rugby, Brumbies v Waratahs, **live**. **11.40** The Cricket Show **12.00am** World Rugby **12.30** Super Rugby, Crusaders v Blues. **2.30** Super Rugby, Brumbies v Waratahs. **4.30** World Rugby **5.00** Super Rugby, Crusaders v Blues. **5.30** The Cricket Show

Sky Sport 2 SKY 052

6.00 WRC, Rally Mexico preview. **6.30** Athletics, Auckland Track Challenge. **7.30** NRL 360 **8.30** UK Super League, Salford Red Devils v Warrington Wolves, **live**. **11.30** NRL, Eels v Broncos. **Noon** Cycling, UCI Track World C'ships, day two. **12.30** Table Tennis **1.30** Cycling, UCI Track World C'ships, day two. **4.00** UFC Countdown **5.00** Bowls, Trans-Tasman, event highlights. **7.00** NRL, Eels v Broncos. **7.30** The NRL Footy Show **9.30** NRL, Sea Eagles v Bulldogs, **live**. **12.00am** The NRL Footy Show **2.00** UK Super League, Salford Red Devils v Warrington Wolves. **4.00** NRL, Sea Eagles v Bulldogs.

Sky Sport 3 SKY 053

6.00 The Breakdown **6.30** Rugby Nation **7.20** Cycling, UCI Track World C'ships, day one. **7.50** Cycling, UCI Track World C'ships, day two, **live**. **10.30** Fox Sports News **11.00** #Skyspeed **11.30** The Crowd Goes Wild **Noon** Fox Sports News **12.30** Sky Sports UK News **1.00** UK Super League, Salford Red Devils v Warrington Wolves. **1.30** Golf, Cadillac C'ship, first round. **2.30** MUTV **5.30** Cycling, UCI Track World C'ships, day two. **6.00** UK Super League, Salford Red Devils v Warrington Wolves. **6.30** Golf Central **7.30** Cycling, UCI Track World



Sky Sport 2: NRL rugby, 9.30pm

C'ships, day two. **8.00** The Cricket Show **8.30** Golf, Cadillac C'ship, first round. **9.30** Cycling, UCI Track World C'ships, day two. **10.00** A-League, Brisbane Roar v Western Sydney Wanderers, **live**. **12.00am** Super Rugby, round two, Crusaders v Blues. **12.30** The Crowd Goes Wild **1.00** Cycling, UCI Track World C'ships, day two. **3.30** Kabaddi **4.00** A-League, Brisbane Roar v Western Sydney Wanderers.

ESPN SKY 061

6.00 Basketball, NBA, Oklahoma City Thunder v Los Angeles Clippers. **6.30** NBA Tonight **7.00** NFL Films **8.00** NFL Insiders **8.30** NFL Live **9.30** NBA: The Jump **10.00** SportsNation **10.30** Highly Questionable **11.00** SportsNation **11.30** NBA: The Jump **Noon** SportsCenter **1.00** Basketball, College, Big Ten Conference, **live**. **3.00** Basketball, College, Pacific-12 Conference, **live**. **5.00** SportsCenter **6.00** SportsCenter **7.00** American Athletic Conference **8.30** NBA: The Jump **9.00** Around the Horn **9.30** Pardon the Interruption **10.00** ESPN FC **10.30** NBA Tonight **11.00** Motorcycle Racing, AMA Supercross, highlights. **1.00am** SportsCenter **2.00** ESPN FC **2.30** Jalen and Jacoby **3.00** Basketball, College, Big Ten Conference. **4.30** Motorcycle Racing, AMA Supercross, highlights.

DOCUMENTARIES

Discovery SKY 070

6.00 Destroyed in Seconds (PG) **6.30** Deadliest Catch (PG) **7.30** The Pool Master (PG) **8.30** MythBusters (PG) **9.25** Alaska: The Last Frontier (M) **10.20** Rebel Gold (PG) **11.15** Dead of Night (M) **12.10** Deadly Sins (M) **1.05** Blood Relatives (M) **2.00** How It's Made (PG) **2.55** How Do They Do It? (PG) **3.20** Auction Kings (PG) **3.50** The Pool Master (PG) **4.45** Gold Rush (PG) **5.40** MythBusters (PG) **6.35** MythBusters (PG) **7.30** Chaos Caught on Camera (M) **8.30** Running Wild with Bear Grylls (M) Kate Winslet: Actor Kate Winslet takes a role like never before. **9.30** Alien Sharks: Close Encounters (PG) **10.30** How It's Made (PG) **11.30** The Pool Master (PG) **12.30am** A Crime to Remember (M) **1.25** Web of Lies (M) **2.20** Auction Kings (PG) **2.45** Destroyed in Seconds (PG) **3.15** Deadliest Catch (PG) **4.10** Dirty Jobs (PG) **5.05** Gold Rush: Alaska (PG)

National Geographic SKY 072

6.00 Science of Stupid (M) **6.30** Ultimate Airport Dubai (PG) **7.30** Yukon Gold (M) **8.30** Wicked Tuna North Vs South (M) **9.30** Innovation Nation (PG) **10.00** Brain Games (PG) **10.30** Oddball: The Nature of a Movie (PG) **11.30** Australia's Great Flood (PG) **12.30** Air Crash Investigation (PG) **1.30** X-Ray Earth (PG) **3.30** Australia: Life on the Edge **5.30** Sinkholes: Swallowed Alive (PG) **6.30** Science of Stupid (PG) **7.00** Brain Games (PG) **7.30** Underworld Inc. (M) The Black Market: Thieves work together to deliver products. **8.30** Drugs Inc. (M) **10.30** Inside: Area 51's Secrets (PG) **11.30** Inside: Hostage Massacre (M) **12.30am** Drugs Inc. (M) **2.30** Apocalypse: The Rise of Hitler (PG) **3.30** WWII's Greatest Raids (M) **4.30** The 80s (PG) **5.30** The Truth Behind (PG)

RADIO

RNZ National

FREEVIEW 50 SKY 421 iHeartRADIO

6.00 Morning Report Including: 6.16 and 6.50 Business News; 6.18 Pacific News; 6.26 Rural News; 6.48 and 7.45 NZ Newspapers **9.06 Nine to Noon with Kathryn Ryan** Including: 10.45 The Reading: Where The Rekohu Bone Sings, by Tina Makereti (5 of 15, RNZ)

Noon Midday Report Including: 12.16 Business News; 12.26 Sport; 12.34 Rural News; 12.43 Worldwatch

1.06 Jesse Mulligan

4.06 The Panel with Jim Mora

5.00 Checkpoint with John Campbell

6.30 Worldwatch with John Greaves

6.43 Focus on Politics

7.06 Nights with Bryan Crump

9.06 Country Life

10.00 News and Late Edition

11.06 Duane Allman Skydog Radio Special

12.04am All Night Programme Including: 12.05 Music After Midnight (RNZ); 12.30 Laugh Track (RNZ); 1.05 From the World (BBC); 2.05 NZ Live (RNZ); 3.05 Sorry, I'm a Stranger Here Myself, by Peter Bland (4 of 10, RNZ); 3.30 The Week (RNZ); 4.30 Global Business (BBC); 5.10 BBC Witness (RNZ); 5.45 Voices (RNZ)

Website: radionz.co.nz

RNZ Concert

FREEVIEW 51 SKY 422 iHeartRADIO

News and Weather 6.00am, 7.00, 8.00, 9.00am, noon, 3.00pm, 5.00, 6.00, 10.00pm

6.00 Classic Morning with Rick Young

10.00 Weekday Classics with Clarissa Dunn

1.00 Upbeat with Eva Radich

2.00 Made in New Zealand

3.00 Classic Afternoons with David Morris

Including RNZ News at 3.00, 5.00 and 6.00pm

7.00 Sound Lounge with Kate Mead

Including: WOMAD Taranaki 2015 – Bolivian singer Luzmila Carpio, who sings in the Quechuan tongue, a language dating back 2000 years (9 of 13, RNZ); **8.00** Robin Maconie looks at Pierre Boulez's peers and influences – Stravinsky: Three Japanese Lyrics, Christiane Eda-Pierre (sop), members of the Domaine Musical Instrumental Ensemble/ Gilbert Amy; Messiaen: First movement, Liturgie de crystal, from Quartet for the End of Time, Fabio de Casola (cl), Ricardo Castro (pno), Emilie Haudenschild (vn), Emeric Kostyak (cello); Boulez: Répons for six soloists, orchestra, and electronics, Electro-acoustic realisation directed by Andrew Gerzso, Dmitri Vassilakis, Florent Boffard (pno duo), Frédérique Cambreleng (harp), Vincent Bauer (vibraphone), Daniel Ciampolini (xylophone/glockenspiel), Michel Ceruti (cimbalom), Ensemble InterContemporain/Pierre Boulez; Debussy: Lindaraja for two pianos, Stephen Coombs, Christopher Scott (pno duo) (5 of 6, RNZ); **11.00** New Music Dreams

12.00am Music Through the Night

Website: radionz.co.nz/concert

Radio Live

6.00 Paul Henry 9.00 Mark Sainsbury Noon Willie Jackson & Alison Mau 3.00 Duncan Garner 6.00 Newshub Live 7.00 Story 7.30 Paul Henry Highlights 8.00 Karyn Hay 12.00am Bruce Hopkins

Website: radiolive.co.nz

Newstalk ZB

6.00 Mike Hosking 8.30 Leighton Smith Noon Kerre McIvor & Mark Dye 4.00 Larry Williams 7.00 Mark Watson 8.00 Marcus Lush 12.00am Tim Beveridge

Website: newstalkzb.co.nz



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Sometimes a simple solution beats a complicated and costly one hands down.

An ad on television for a flash induction stove top shows it has a “pause” button for when the cook gets distracted from boiling whatever is bubbling away. “Cool!” I thought when I first saw it, but then a thought struck me: “Why not simply move the pot onto a nearby cold element, instead?” That would pause it just as effectively, surely? Why go to the expense of some state-of-the-art cooker when simply lifting the pot and putting it down nearby can accomplish the task?

It shows that sometimes the simplest solutions are better than more costly and intricate ones. When the Australian Government moved to ship more than 250 people, including 37 children, back from Australia to detention in Nauru, the Human Rights Law Centre launched a High Court challenge on behalf of a refugee woman who had a one-year-old child. The case failed. The ailing refugees and children would be shipped back to Nauru. Except the Government, the court and appellant had failed to take into account a simpler solution than costly, convoluted court action.

Lady Cilento Children’s Hospital in Brisbane declared it would not discharge 12-month-old Asha until a “suitable home environment is found”. It looks as if the hospital is working on the age-old medical dictum of “first, do no harm”. I presume condemning a baby to a tropical refugee prison would constitute “doing harm”.

This effectively stymies Australian Minister for Immigration and Border Protection Peter Dutton, who declared straight after the verdict that the 250 or more refugees would be sent back to Nauru when they no longer require medical treatment. If the Lady Cilento Hospital ruling of “doing no harm” is applied to them all, then the refugees can at least be assured of remaining in Australia, although in a hospital ward.

If the hospital’s ruling is applied to them all, the refugees can at least be assured of remaining in Australia.

I delved into my computer to find how simple solutions can be used to solve some quite hefty world problems. Take polio, for example. The uncomplicated answer was not to build more hospitals to cope with the virus or construct many more iron-lung machines to cope with the patients, but to develop a vaccine.

The problem was solved even more simply in India. How to immunise the many millions of children on the subcontinent? Some would miss out through bad parenting or a lack of vaccine, and besides, the sheer logistics of covering so many children would defeat a mass inoculation project. Indian authorities took an uncomplicated approach: using a live virus, inoculate as many of the millions of children as they can on the same day. The theory was that this would send a massive pulse of vaccination throughout the country and the virus would cross-infect the untreated children through water and sewage contamination. It worked. Everyone got immunised and in 2014 the World Health Organisation declared India polio-free.

On one website I found the story of the Italian mountain village of Viganella, which saw no direct sunlight for 83 days in winter, because of the surrounding high ranges. This had been going on for 800 years until someone had the bright idea of placing a huge computer-controlled mirror on the ridge above to reflect sunlight down into the village. They built it and it works. Presumably the computer moves the mirror in summer so that the villagers don’t fry in some kind of giant magnifying-glass effect.

Solutions to New Zealand’s many and varied problems probably aren’t so simple, but a place to start would be with free dialogue, discussion and debate. Too often in one of our incessant squabbles, one side shouts down the other, refuses to listen and will not engage, like children in a tantrum.

This usually means the side with the most power and biggest public support simply imposes its will despite the uproar. That’s not the kind of simple solution I was talking about. ■

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